Icon Anita Hill Returns to UCSB

Katherine Swartz
University News Editor

Professor and activist Anita Hill spoke to a sold-out audience at the Campbell Hall on Wednesday evening, discussing how the discourse around sexual harassment has evolved in the nearly 30 years since she first gained national attention for testifying before the Senate Judiciary Committee. Hill is the first woman to have addressed a crowd of students, faculty, and graduate students, some of whom are engaged in social justice work across the U.S.

UC Santa Barbara's Feminist Futures Initiative, which brings together UC Santa Barbara in 1995, and at the beginning of her speech noted that, after 25 years, it is "hard to imagine we are in the stillness together."

"I realize that it's been a while since 1991. Some of you are probably wondering, 'What do you mean that green suit?' and some of you are probably wondering, 'Well, you gonna start shaving the dirt on the senators?'" she joked to the crowd.

But Hill did not dwell on her own experiences in the Senate Judiciary Committee and instead focused her speech on the work that still needs to be done. "Women's rights are human rights," she said.

"Believing women to be something else is abuse," she said. Opponents criticized Hill for coming forward, saying she "did a disservice to the Black community by testifying." To those critics, Hill added, "I'm not sure we do.

"One structural change Hill proposed to address gender-based violence is to challenge how society as a whole perceives masculinity. "This idea of manliness is difficult it may be to fully change the culture around gender-based violence, it said, "but we have to change that in order to change the culture around gender-based violence, they said."

"Affordable housing is an issue for everyone," Hill said. "Do we really believe that to be a man you must be strong, brave, aggressive and awe-inspiring?"

"That is not masculinity, it is abuse."

Hill elaborated on what she said is the systematic process of silencing people who choose to come forward with stories of gender-based violence. "Believing women to be truthful is confused with fairness and justice," she said. "I do not support a system where if we say we believe survivors, we are met with the claim that we are denying due process in other words, due process has been weaponized to silence survivors."

"In order to be powerful, we need to also view gender-based violence as a matter of public safety and 'solve it as a community.'"

"We do not have the luxury to say we believe women, we are met with the claim that we are denying due process in other words, due process has been weaponized to silence survivors."

"Do we really believe that affects one person affects us all? Do we really believe that we are all in this? I'm not sure we do."
Racialized emotions are part of modernity; once racism emerged and races were created, the racial edifice was suffused with emotions. In this talk, professor Eduardo Bonilla-Silva will illustrate his theory on racialized emotions with the case of President Donald Trump. Specifically, he will illustrate how the president has used emotions as the fulcrum of his political appeal. He will outline some ideas to produce a “feeling of equality” and how to craft a radical counter-emotional plan to move us closer to the “beloved community” aspired to by Martin Luther King Jr. Bonilla-Silva is a professor of sociology at Duke University.
**Jeffrey’s Jazz Coffeehouse: Making Music Instrumental to the Isla Vista Community**

Emily Kocis

Reporter

Students, faculty and locals alike crowded Rockfire Grill on Feb. 1, holding booths and taping their toes along to the stylings of Morganfield Burnett and friends.

The few seats available had been claimed, leaving others to bunch up near the door, craning to catch a glimpse at the men responsible for filling the Friday night air with music. A group of musicians gathered together towards the front of the room, while others gathered in small groups and neighboring businesses set up tables enjoying food. Students crowded the booths, making a space and swaying to the beat, and Chancellor Henry T. Yang and his wife were seated at a far table with their eyes fixed on the band at the front, the music uniting the people of I.V. back together.

"Life of Alain Locke."

Initially, the project was formed as a response to the disturbances left after the Isla Vista tragedy. Stewart said. Wanting to bring the people of I.V. back together again, Stewart could think of no better way than through music.

The idea was initially sparked by a student’s comment that made him realize the small, congested and tense venues to Pens and those in I.V. inspired by the intimacy of the jazz clubs, Stewart said he saw the value in replicating them for the community surrounding UCSB and I.V.

"When I was in Panama, we used to have coffeehouses and people would play jazz, so I just tried to reproduce it," Stewart said.

Each venue for Jeffrey’s Jazz Coffeehouse is carefully selected and transformed into a warm yet stylish space, Stewart said. The series also works in conjunction with Stewart’s class, History of Jazz, and runs alongside it during winter quarter. After trying to bring musicians into class to perform for students, Stewart said he quickly realized that it wasn’t the right environment for students, or anyone for that matter, to be able to enjoy or appreciate jazz.

"We need learning environments in the community that aren’t as heavily burdened as a real classroom," Stewart noted. Now, with the creation of Jeffrey’s Jazz Coffeehouse, his students are always in attendance and able to experience jazz in its natural setting, rather than in a classroom setting.

"The theory of the class is that jazz evolves through dialogue between the performers and the audience," Stewart said.

Stewart said he hopes that students will discover new tastes and different preferences through the music they experience.

"It’s his goal that the students have a feeling that they’re part of this, [that] they’re not just spectators or listeners."

Since its creation, Jeffrey’s Jazz Coffeehouse has been unique in its ability to attract a wide variety of different people to its events. Stewart said. He noted that "a lot of students live here, but they have really no interaction with the people of the community which he aims to change.

Events such as Stewart’s are one of a few that make an attempt to bridge the gap between different generations in the community, he said. While it’s often rare to see professors, students and locals of I.V. together in the same space, these events encourage exactly that, he added.

"Only here can a professor share the stage properly with a move on the dance floor, while Chancellor Yang catches it all on video."

"There’s not really a space on campus even for professors to hang out," Stewart added. While the University Center is often the go-to meeting spot, he said "it doesn’t seem warm, it often feels cold and commercial."

These events also provide a much-needed outlet and space for dialogue among IV residents, Stewart said. Often featuring spoken word and panels on relevant issues like intersectional justice, gender, violence and food insecurity, these pop-up clubs make an effort to accompany music with meaningful conversation.

Stewart emphasized the need for these types of spaces, remarking that "these are few places where students can connect with one another."

"Jeffrey’s Jazz Coffeehouse is proof," Stewart said, "that you can create a space that people are interested in that are also enjoyable.

"We’ve been told by folks cited in Isla Vista, in the hopes that more people will come from downtown and he be able to view this community not just as some crazy college town," Stewart said — a testament to the power music has to bring a community together.

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**Promise Scholars Program Installs Healthy Snacks, Menstrual Product Stations Across Campus**

Celeste Chavez Hernandez

Staff Writer

UC Santa Barbara’s Promise Scholars Program installed a number of healthy snack and menstrual product stations across campus earlier this month as part of a new initiative to address students’ basic needs.

The Promise Scholar Program is a federal initiative that serves as a bridge for students who are a part of underrepresented and low-income groups and who have an average family income of $25,000. According to Program Director Holly J. tests are students who are for the program are promised an offer of $8,500 for the first year and $16,000 for the second year over four years if they remain Cal Grant or Pell Grant eligible.

"The entire mission of the stations is to provide students who are hungry with a quick snack or anyone for that matter, to be able to experience jazz in its natural setting, rather than in a classroom setting," Stewart said. With the stations installed in the Santa Barbara area, UC Santa Barbara will begin offering housing in the San Joaquin Villages for the Promise Scholars this year.

"The Promise Scholars Program represents low-income students," Roose said. ethical and financial aid, such as for parents or summer camps and programs, such as for parents or students to stay overnight for their child’s freshman orientation.

Students in the summer Intern Housing program would live in the apartments for a 38-day minimum at a cost of $35 per night, or $1,050 a month, for a double room or $55 per night, or $1,650 a month, for a single event, according to the program’s website.

"The Promise Scholars Program does not have not had any applicants and has 108 beds spaces for full-time students. Participants must be at least 18 years old and provide proof of enrollment in a college or university. The program is also open to UCSB students working part-time during the summer. The application for the program will open Feb. 1, and close at 12 p.m. on June 1.

"The Promise Scholars Program is part of the university’s Long Range Development Plan, an initiative to increase UCSC’s enrollment by one percent each year until 2025. The plan seeks to accommodate a total of 5,000 additional students and provide housing for all of them. The San Joaquin Villages feature 12 apartments that can house approximately 1000 residents.

The complex was chosen for the program because the campus has experienced a lack of housing, and volleyball courts, and its short distance to the dining options available in the Santa Barbara area, UC Santa Barbara will begin offering housing in the San Joaquin Villages for the Promise Scholars this year.

Although, the Promise Scholars Program does not have any many students, but the middle-class students left through the cracks on this campus are left behind,” he added.

"The Promise Scholars Program does work in low-income students, but the middle-class students left behind take their toll on the state," Stewart said.

"Don’t get financial aid but they can’t necessarily pay for college either, some of the middle-class students are even needing sometimes.

"At the end of the day, I just want hungry students to get food and proper sanitary products,"

Aniket Mehrotra contributed reporting

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**University-Owned Housing to Be Offered to Non-UCSB Students With Local Summer Internships**

Jackson Walsh

Student Writer

In order to decrease the cost of living for those interning in the Santa Barbara area, UC Santa Barbara will begin offering housing in the San Joaquin Villages for the Promise Scholars this year.

"There’s not really a space on campus even for professors to hang out," Stewart added. While the University Center is often the go-to meeting spot, he said "it doesn’t seem warm, it often feels cold and commercial."

UC Santa Barbara will be offering housing in the San Joaquin Villages for college-enrolled interns this summer.

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The San Joaquin Villages, built in 2006, are UCSC’s newest housing complex. The San Joaquin Villages is comprised of 165 apartments and can house for all of them. The San Joaquin Villages feature 12 apartments that can house approximately 1000 residents.

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**The Promise Scholars Program Installs Healthy Snacks, Menstrual Product Stations Across Campus**

Promising Scholars Program installs healthy snacks, menstrual product stations across campus

Students, faculty, and locals alike crowded Rockfire Grill on Feb. 1 to attend Jeffrey’s Jazz Coffeehouse for the first performance of the new year.

==KAZMIR/ DAILY NEXUS

==DEAN NELSON/DAILY NEXUS

UC Santa Barbara will begin offering housing in the San Joaquin Villages for college-enrolled interns this summer.

==DEAN NELSON/DAILY NEXUS

"The Promise Scholars Program Installs Healthy Snacks, Menstrual Product Stations Across Campus"
Charles W. Cole (Republican): Cole, the sole Republican candidate running for State Assembly and the youngest among all candidates at 22, is running on a conservative platform that includes fixing freeways, preserving Proposition 13, maintaining private health care and rolling back rent control, according to his campaign website.

Born and raised in Santa Barbara, Cole graduated from Santa Barbara High School and attended Santa Barbara City College (SBCC) to study business, but left after his first year after he found “the campus culture not conducive to learning,” according to his campaign website. He currently manages his campaign, which has roughly the same level of finances as others in the district. He also works for a local PR business, according to a NiuStock article.

Elisa Granados (Democrat): Granados, executive director of the nonprofit Standing Together to End Sexual Assault, is running on a three-fold platform that includes social equality advocacy, women’s rights advocacy and preserving the environment and communities along the Central Coast, according to her campaign website.

If she wins the seat, Granados told the Santa Barbara Times that she would work to increase affordable housing, create more jobs, strengthen the economy within the district and stop offshore drilling.

Jonathan Abboud (Democrat): Abboud, the youngest Democrat in the race for the 3rd District seat, and the youngest Democrat to run for State Assembly, is running on a comprehensive platform that includes advocated for increased public safety and board member on the SBCC Board of Trustees.

Abboud is running on a platform of education reform and free tuition, universal health care, environmental technology companies incentivizing and attracting environmental reform and support for indigeneous communities, according to his campaign website.

Anastasia Stone (Nonpartisan): Stone has not held political office before and is hoping to serve Californians without answering to parties or special interests. Having worked in maternal health care for the past ten years, She advocates for quality health care for all and intends to create legislation to protect and better women’s rights, according to her website.

As a former foster parent, she also seeks conditions for foster children and improve the foster care system. Stone said affordable and accessible healthcare is a priority of hers.

Andrew Caldwell (Republican): Caldwell’s campaign is centered on providing better opportunities for workers and small businesses. In 2019, he founded the Coalition of Labor, Agriculture and Business (COLAB), which now has 1,000 members in Santa Barbara County. He has also helped start similar COLAB groups in Imperial, Ventura and San Luis Obispo Counties. While Caldwell is running as a Republican, he told the Santa Barbara Times in February that neither party is currently serving the needs of the people and that he would “represent the people here.”

Kenneth Young (No Party Preference): Young’s background is in civil engineering. According to his campaign website, two issues that prompted him to run for office are health care and tax issues. He believes that Congress needs to lower costs for working families in order to maintain a healthy workforce in California. Another issue Young has put at the forefront of his campaign is energy. Young believes the United States should invest more funding in renewable energy research and find safer ways of dealing with nuclear waste rather than eliminating nuclear power altogether.
Third District Supervisor Candidates Field Community Questions at Isla Vista Town Hall

UC Santa Barbara students and Isla Vista residents filled the IV Community Room on Tuesday evening for a town hall featuring two of the three candidates for the upcoming Santa Barbara County 3rd District Board of Supervisors election, who will face the polls during the California primary on March 3.

Questions written by attendees prior to the town hall challenged the 3rd District candidates — incumbent 3rd District Supervisor Joan Hartmann and Santa Ynez Valley Community Service District Director Karen Jones — on issues including environmental policy, mental health and affordable housing in both IV and the Santa Barbara County as a whole.

Hartmann has held the 3rd District supervisor seat, which represents IV as well as parts of the northern Santa Barbara County, since 2016. IV, composed nearly a third of the population within the 3rd District.

The 3rd District supervisor is typically a tie-breaking position on the board, with two left-leaning seats in the south and two conservative ones to the north. Hartmann is running as a nonpartisan candidate, Jones is running as a Republican.

The race’s third candidate, Bruce Porter, who also ran against Hartmann in 2016, did not attend the town hall. His campaign released a statement Tuesday afternoon requesting the town hall be rescheduled due to a “lack of communication among the organizers,” which includes Associated Students Office of the External Vice President of Local Affairs (A.S. EVPALA), Movement for Intersectional Collective Action (MICA), the Isla Vista Community Center, Gauchos Vote and the Beloved Community IV Vote.

Christian Omedes, the EVPALA, and Diana Garcia, an organizer with MICA, responded to Porter through a statement sent out later that afternoon, saying that while they would not be rescheduling the event, they were “very open to hosting another town hall event” that includes Porter.

Porter also later said in a press release that he plans on hosting a separate town hall in IV next week.

Even though Porter was not present at Tuesday’s town hall, his absence loomed over the event, as both Hartmann and Jones commented on his lack of presence.

“Tonight, Bruce Porter was going to tell you that he cares about you,” Hartmann told the crowd at the end of her opening statement. “He didn’t show up.”

He bragged to his supporters about the on-campus resources now readily available to students.

The candidates also addressed issues relating to climate change and sustainable energy. Hartmann extensively spoke about her pro-environmental record and her goal to transition Santa Barbara to clean, renewable energy sources.

“I also believe that our institutions must do everything they can to promote diversity and inclusion,” Hartmann said. “When I was a graduate student, I was the only woman in my cohort, and there were no women professors at my graduate school.”

J ustice and opportunity to assess which applicants will work out a deal with the university to follow through on their required mandates from the state to build more housing for students and graduates.

Porter’s 45.79% in 2016, Hartmann won 53.96% of the district votes, beating out her opponent, Joan Hartmann. Jones noted that the price of rent in Santa Barbara has increased three times faster than the cost of living and said she was “working hard to force the university to follow through on their required mandates from the state to build more housing for students and graduates.”

Hartmann also discussed workforce barriers. She represents IV as well as parts of the county, so candidates agreed the breakdown of plants become environmentally friendly. Hartmann emphasized on the board will be very important for the economy,” she said, adding that clean energy would work as an appeal to bring larger companies to the northern county, both creating additional jobs and helping the environment.

Hartmann also discussed current composting groups and efforts to ban single-use plastics on campus and in IV, as an initiative the county could also adopt to become environmentally friendly. Jones did not shy away from her pro-fossil fuel stance and her own family’s connection to the oil industry in the northern county, which she views as a job creator.

“As an intersectional feminist, Hartmann said, repeatedly bringing up her approaches to things, and the people who trust me are my friends and neighbors.”

J ustice acknowledged in her closing statement that, as a Republican, it is unlikely to win many votes in IV, but encouraged her supporters to vote on the November ballot against Hartmann. “People [have] said to me, ‘Hell no, we don’t want [a lottery system]. You go ahead and change the county’s mind because we want a merit-based system.’”

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McAdoo are joined alongside catcher Thomas Patterson made the switch from San Joaquin Delta College. They pitched a combined 154.1 innings for UCSB. Kevin Chandler and Alex Patterson were the pitchers. Chandler had already spent his first season with the Gauchos. Shane Bieber, whose rise to the top of the game has since coincided quite nicely. — just before the brand new lights of Caesar Uyesaka Stadium shone on grass that was once the home of Cleveland Indians starting pitcher Shane Bieber's an all-star! So here we are, past the introduction. The team also has two scorers from last season are gone and playing quite different from the one that ended UCSB's season with a knee injury but is riding a three-game win streak. CSUF, both tied for second. Pasternack's point. The Titans have lost to the Big West at 5-6. Thursday's game isn't just a move up the ladder. The Gauchos don't have much time to recover. sat rocketed out to a 36-24 halftime lead of offense is likely. In six of CSUF's last seven games, at least one team has scored over 70 points and knock down seven 3's, kept UCSB in the second half, which saw him score 27 of his 31 points and 4 rebounds and a team-high 8 assists per game. The Titans bounced UCSB from the Big West Tournament before quickly returning to the Thunderdome to take on Cal State Fullerton (CSUF) on the road for the debut of Cesar Uyesaka Stadium's brand new lights. It was the first night game in program history. And their bats were sizzling as they rattled off a 4-2 victory in the affair in which the Wildcats swept them earlier this season. With the break just about done, UCSB will host their first home series of the season as Abilene Christian University comes to town this weekend. The Wildcats hosted Utah Valley for a four-game series in which the Wildcats swept them 27-9 overall. They then hit the road for a one-off against TCU in which they lost 4-14. It'll be an interesting series to say the least. The Friday and Saturday evening games will start at 5:30 p.m. and 4 p.m., respectively. Sunday's match is set for noon, under what will hopefully be a clear sky after Saturday's current
After yet another split last week, the UC Santa Barbara’s women’s basketball team (10-14, 5-6) sits in fifth place in the Big West conference — one game behind third-place Long Beach State, but only one game ahead of eighth-place UC Irvine. With a logjam in the middle of the standings, UCSB will need to string together a win streak if it hopes to improve its seeding for the conference tournament.

This week, the Gauchos will host Cal State Northridge (CSUN) and UC Riverside (UCR) in two crucial matchups. If UCSB wants to turn the tide in this matchup, UCSB actually made it all the way to the Mountain Pacific Sports Federation Player of the Week award at the end of January. The Gauchos’ first match is set to get underway at 4:15 p.m. on Friday in Irvine, and the game begins.

More than ever, local crowds may help to remind the Gauchos of the encouragement and support they’ve been missing the past two months. Come and join in on welcoming the Gauchos back home this Saturday and Sunday, at 1:30 p.m. and 1 p.m. respectively, on the Rec Cen courts.
Justin Bieber was my first real introduction to pop music. I had “My World 2.0” on repeat for the entirety of my life and could not be happier about how I felt about Bieber's team in 2010: extremely in love and living in domestic bliss. On the album, there is no doubt that the songs can sound bland and disregard the times, with guest verses from Post Malone, Travis Scott and Kehlani being the only real moments of high impact.

The album's greatest weakness, however, is that it's inconsistent with the rest of the album. While the voice has never sounded so good, the only real moments of high impact exist when Justin Bieber burst onto the scene as an teen-age heartthrob sensation, of “Purpose,” his final stint as a pop megastar. Bieber's most recent project ultimately must be seen as music that he has created not as much for his legion of fans but more for his own pleasures. While I am sure that he simply wanted to share with the world how in love he is, the album ends up numbing listeners with a highly romanticized portrayal of married life. I, for one, will wait out the new breezes' honeymoon phase in hope that Bieber will find his edge again.

“Yummy,” however, is consistent with the rest of the project. Instead of focusing on the efforts on chart-toppers, Bieber unabashedly leans into his more soulful side à la “Changes,” his new album. The song that I would be unable to peel my eyes away from the story I along with the rest of the teenage girls of the world, I knew that it was part of Lara Jean's romantic quest. I watched the first movie in an AirBnB in New Mexico, feeling somewhat fulfilled by the film and yearning for the plot to move to California, needing something to cure my boredom. By the time I got to this book was “To All the Boys I've Loved Before” by Jenny Han.

I remember picking up a book that sounded like it would be an interesting read on my road trip move to California, needing something to cure my boredom. The plot of this book was “To All the Boys I've Loved Before” by Jenny Han.

Little did I know that throughout the long, eight-hour driving days, I wouldn't be able to peel my eyes away from the story I along with the rest of the teenage girls of the world, I knew that it was part of Lara Jean's romantic quest. I watched the first movie in an AirBnB in New Mexico, feeling somewhat fulfilled by the film and yearning for the plot to move to California, needing something to cure my boredom. By the time I got to this book was “To All the Boys I've Loved Before” by Jenny Han.

“P.S. I Still Love You” (the sequel to “To All the Boys I've Loved Before”) was an essential piece not only for a steady amount of time after the movie, but also for the first time in a while. While I was watching the film, I realized that Bieber's team simply wanted to share with the world how in love he is, the album ends up numbing listeners with a highly romanticized portrayal of married life. I, for one, will wait out the new breezes' honeymoon phase in hope that Bieber will find his edge again.

Sunil Tripathi
Social Media Manager

Warning: Spoilers ahead!

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Student Health Receives Influx of Sex Injuries Following Valentine’s Day

Kaitlyn Smith
Staff Writer

Student Health staffers were astonished this week by the staggering number of sex-related injuries presented to Student Health for treatment following this year’s three-day Valentine’s weekend. Although UCSB’s rates of intimate injuries generally dwarf those of the nation on average, this week’s spike in sexually injured Gauchos was remarkable, even taking into account their above-average prowess.

“This weekend was crazy!” said Hugh Mungus, a frat boy still recovering from his penile fracture. “My dick looked like the pregnant koi fish in the pond by Storke,” Hugh exclaimed, his roommate Chad gravely nodding in confirmation.

Many other students are still recovering from their hazardous weekend fun. Some are facing carpet burn, back injuries and assorted foreign bodies still lodged in their rectums. One student, who (understandably) chose to remain anonymous, described the emotional trauma that came with telling the doctors about the “Natty Daddy” can stuck in his ass.

“Literally all the girls in the sorority house have UTIs right now,” said Amanda D. P. Throat. She went on to explain the sisterhood of their co-medication. “I’m not sure whose antibiotics I took this morning but they all do the same thing, right?”

Fortunately, hiding sex injuries from your parents couldn’t be easier! For peace of mind with your risky sexual endeavors, charges from Student Health — even for beer cans in asses — show up simply as “Student Health Services” on BARC.

Kaitlyn Smith did not have a sex injury this year because she is unfortunately single.

Hall Rules Clearly Based on Hammurabi’s Code

Stuart “Fat Meat” Yeager
Staff Writer

FT’s 12th-floor bulletin board was recently replaced with a pair of massive clay tablets, into which new floor rules have been hand-chiseled. These new rules, as well as their method of proclamation, seem to be loosely plagiarized from the Code of Hammurabi, an ancient Babylonian code of law, written between 1792 and 1750 BC.

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One unfortunate Gaucho was questioned by his concerned mother about his mysterious and sudden case of pink-eye, an ailment for which he blamed the shitty dorm conditions. We heard him tell her, “It’s from the musty showers, Mom.” From her reaction, though, you could tell she had faced the same problem before and wasn’t buying his BS story.

Hiduke is just one of many people complaining about the rule change, which followed the replacement of previous RA, Zachary Troutman, with the new RA, Nur-Ibiatar.

“Those aren’t even Mesopotamian,” claimed Hiduke. But that did not stop Nur-Ibiatar, who threw Hiduke into a pit to fight approximately 20 raccoons. The raccoons won.

Nur-Ibiatar offered a brief comment on his new policies, simply stating “hoes mad.” Before attacking two Nexustentialism reporters with a bronze spear.

Nexustentialism contacted the resident director of FT, Willie Doozy, who said that Nur-Ibiatar is “not [his] fucking problem, just kick his ass or some shit homie. Don’t be a fucking simp dumbass. Idiot bitch. This is New Jersey, we don’t take shit lying down. I respect he who respects himself.”

When asked to clarify, Doozy told us “to learn some basic geometry so you know what the fuck I’m talking about. I got a meeting and no time to talk to you shitheads,” before throwing a stapler at us.

At this time, all advice that can be given by these reporters is to stay away from FT. If you live there, good luck and make sure you keep your chariot license on hand.

Stuart “Fat Meat” Yoeger wants to FT once and they took both of his arms.
A Baked Ranch Chicken Recipe on a Budget

Shelby Guy
Staff Writer

Although the easily available options in I.V., it can sometimes be hard to find a dish that is light on your wallet as well as fulfilling enough to stop late-night snacking. Fortunately, this recipe is not only a cheap meal but also is endlessly flavorful and incredibly filling. This recipe takes 45 minutes in total and will give you a juicy, tangy chicken breast without breaking the bank over ingredients.

Ingredients:
1. 5 skinless chicken breasts
2. ½ cup breadcrumbs (Progresso Italian Style works best)
3. 8 oz. of reduced-fat sour cream
4. 5 skinless chicken breasts

Directions:
1. Preheat the oven to 375 degrees Fahrenheit and spray a 9x13 brownie sheet with non-stick spray (you can alternatively rub it down with olive oil if you do not have cooking spray).
2. Pour the ranch and breadcrumbs into a 5x3 brownie pan or an unused pie tin. Place the sour cream in a separate bowl.
3. Place one chicken breast at a time in the sour cream, making sure to evenly coat the chicken breast. Then place it in the breading, tossing until completely coated. Repeat this for every chicken breast.
4. Place each breast on the prepared sheet, making sure to leave 2 inches of space between them. Place them in the oven for about 45 minutes, or until the thickest part of the breast registers over 170 degrees Fahrenheit when a temperature probe is inserted.
5. Remove from the oven and let rest for one minute. Enjoy!

Tips:
The chicken breast works well with mashed potatoes and steamed vegetables or white rice if you are in a pinch.

Adapted from: pillsbury.com

Su’s Bowl’s Chinese Cuisine

Winnie Lam
On the Menu Editor

Su’s Bowl opened its doors at the end of 2019, bringing a taste of authentic Chinese food to Isla Vista. It’s located on Embarcadero Del Mar and replaced what used to be Wecook, another Chinese restaurant. I’ve been wanting to try Su’s Bowl for a while since I had been hearing good things about the authenticity of the food, so I finally carved out the time to do so.

I visited the restaurant during lunch hour on a Friday afternoon, and there were plenty of tables open. The ordering style at Su’s Bowl is designed so that customers simply mark off the dishes they want on a paper menu and hand it to the waiters. The restaurant has a vast variety of Chinese dishes to choose from including Szechuan dishes,izzling pots and an assortment of different noodles and fried rice. I was eating with a friend, and we decided to share the traditional Taiwanese braised beef noodle and the Chinese burger with lamb meat.

The beef noodle soup was pretty tasty compared to my relatively low standards for Asian food in I.V. The broth was flavorful and not watery at all, as I could taste the various spices they used in the soup. The noodles were chewy, and the meat and vegetables were definitely good. The only criticisms I have are that I thought there was not enough bok choy, and some pieces of the meat were a little too fatty for my taste. However, this bowl of noodle soup was a good portion of food, as my friend and I barely finished the whole thing. I could definitely see myself ordering this again on a cold day to satisfy my cravings for a hot, steamy bowl of noodle soup.

I had never tried a Chinese burger before coming to Su’s Bowl, and although I was skeptical at first, I’m glad I discovered this dish. A Chinese burger is a well-known street food that consists of your selection of meat sandwiched between two pieces of flatbread. The bread was slightly toasted, giving off the perfect crunch, which contrasted the texture of the meat. The lamb meat was flavorful, and they were not stingy with their portions at all. As a warning to those who do not like spicy food, this burger is pretty hot despite the fact that it doesn’t look spicy at all.

Overall, Su’s Bowl made a pretty good first impression on me. The food was tasty and as authentic as you can get in Santa Barbara. Additionally, the dishes were reasonably priced for their portion sizes. I would definitely recommend coming here with a friend so you don’t spend too much money and so you can try a larger variety of dishes. The next time you’re trying to decide what to eat in I.V., give Su’s Bowl a try. With such a huge number of dishes on their menu, there’s bound to be something that you enjoy!

Kaiju Brings Japanese Ramen and Curry to Isla Vista

Liliana Linan
Staff Writer

As a Los Angeles native, I eat a lot of ramen and I was very excited to hear about the opening of a new Japanese ramen and curry restaurant in our very own Isla Vista. Kaiju, the newest addition to I.V.’s food spots, is already gaining a lot of traction, perhaps thanks to its advertisement on Facebook. Su’s Bowl opened its doors at the end of 2019, bringing a taste of authentic Chinese food to Isla Vista. It’s located on Embarcadero Del Mar and replaced what used to be Wecook, another Chinese restaurant. I’ve been wanting to try Su’s Bowl for a while since I had been hearing good things about the authenticity of the food, so I finally carved out the time to do so.

I arrived at 8:30 p.m. on a Saturday night, and there was a good amount of people there for a brand-new restaurant, but I didn’t have to wait for a table. The restaurant itself is very well lit, with nice modern decor. The menu is simple, consisting of appetizers, curry and ramen.

I wanted to order fried octopus, but they ran out, and so I opted for the gyozas described as pork dumplings with garlic-sea soy sauce, and the miso ramen. The price is average, at $5.49 for the gyozas and $12.99 for the ramen. The gyozas were nice and crunchy, and the sauce was perfect for dipping because of its acidity. I enjoyed these dumplings, but they also tasted like the frozen Bhelgos wontons I get from Costco.

The miso ramen included a lot of toppings on paper but was perfect for dipping because of its acidity. I enjoyed these dumplings, but they also tasted like the frozen Bhelgos wontons I get from Costco. The miso ramen included a lot of toppings on paper but was perfect for dipping because of its acidity. I enjoyed these dumplings, but they also tasted like the frozen Bhelgos wontons I get from Costco. The miso ramen included a lot of toppings on paper but was perfect for dipping because of its acidity. I enjoyed these dumplings, but they also tasted like the frozen Bhelgos wontons I get from Costco.
The conversation about natural hair in the African American community has been a hard one, riddled with misconceptions that lead to discriminatory practices both within and outside of the school system. Kimika Hudson, a reporter from the Huffington Post, outlines this sentiment, stating, “I’ve had to talk to my younger sister about how to wash and care for her Black Hair,” and attempts to shed light on the overwhelm she witnessed. Hudson points out how certain hair types predominate within the African American community consist of a wide variety of curl textures and, as a result, “styling tools such as combs and brushes” that can cause damage. Certain hairstyles, such as dreadlocks and braids, are commonly worn as they help to preserve the texture of hair, prevent hair breakage, and allow for cultural expression. As A.B. Wilkinson, a reporter from The Atlantic, points out, legal cases that have backed the hairstyle ban can be attributed to “elitist notions of race and class,” further perpetuating harmful biases and stereotypes.

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Students Speak Out On Coronavirus

The recent outbreak of coronavirus, a respiratory infection which has spread from Wuhan, China to over 25 other countries, has political and personal consequences that can be felt across the globe — including in our own community. In the following submissions, students share their perspectives on the health emergency.

Wuhan is known to have a large exotic meat market, which is why the virus is thought to have originated from one of the animals sold at the market. It was originally thought that the virus could only be spread from direct contact and that it was not airborne. However, as more information about coronavirus comes to light, researchers have concluded that this disease can also spread from face-to-face transmission, person-to-person contact. It is still unclear whether or not the virus can be passed through touch, such as by touching one’s face, eyes or nose. Whether or not the virus can be transmitted in this manner because of this change in transmission, the disease, it is very important to wash your hands thoroughly and often — especially before and after coming into contact with your face, eyes or nose. Another crucial step that UCSB community should consider is to wear a mask. All we mask-wearers want to do is keep viruses and disease from spreading. We are not sick. I hope the public doesn’t blame us, but instead, understand that the mask-wearing is for the protection of the people around us. This not only for our own health, but also for the protection of the people around us.

As a Chinese international student who wants to pursue a career in health, I am not the only one. I don’t want to see my fellow students being victims of racism. So stop blaming an entire segment of the population and instead consider their feelings. As a student, I was shocked to hear about the new case of Coronavirus in the US. As a part of this community, it’s our responsibility to make sure that the virus remains contained, separated, and faced. Social stigma should stop. People should not blame society for what happened instead of blaming individual people. I sincerely ask UCSB students to keep themselves informed and be up to date with accurate information. As a Chinese student, I feel that we are very uncomfortable to hear about. Right now, time you need to do is to stay home.