



SHENGYU ZHANG / DAILY NEXUS



DOMINIC FIKE EXCELS AS FIRST ROCK HEADLINER IN 11 YEARS ALONGSIDE JT, EARL SWEATSHIRT AND JANE REMOVER

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Dominic Fike, JT, Earl Sweatshirt and Jane Remover performed at Associated Students Program Board's Extravaganza music festival for a student-only crowd at Harder Stadium. With a notably high turnout of 7,500 audience members and a popular, genre-spanning lineup, the May 17 concert brought a fresh take and renewed excitement to the campus festival.

Extravaganza is an annual concert exclusive to UC Santa Barbara undergraduate students put on by the Associated Students Program Board (ASPB), a student-run organization. 2026 marked the 46th iteration of the festival, which takes place in the latter half of every spring quarter.

The 46th Extravaganza marked a departure from past lineups, featuring a variety of genres, ranging rock, hyperpop, rap and alternative sounds — a key distinction from previous Extravaganzas' electronic dance music (EDM), rap and R&B performances.

ASPB Special Events Coordinator and third-year sociology major Sariya Dyson said ASPB aimed to appeal to a larger portion of students for 2026's festival.

"EDM is versatile, but it also usually caters to one specific crowd ... this year, we wanted to cater to a much bigger audience, and I think this year we definitely did it," Dyson said.

According to Dyson, the decision to gravitate away from EDM at Extravaganza was due to student feedback and past reporting from the Daily Nexus. In 2025, the Nexus found that there have been no rock artists at

Extravaganza since 2015.

As an alternative indie rock and hip-hop artist, Dominic Fike is known for his genre-blending sound. He is also the first non-DJ or rapper headliner and first indie rock artist to appear on an Extravaganza lineup in 11 years.

"We had an indie rock headliner, and we haven't had rock or indie here in God knows how long," Dyson said. "It was really cool to be able to do something different."

Set at a sun-soaked Harder Stadium, students lined up hours before gates opened in anticipation of Extravaganza. After an almost 40-minute delay, ASPB opened the Harder Stadium gates to students, some running to the stage in hopes of securing a good spot in the crowd.

Experimental rap and hyperpop artist Jane Remover opened the festival. Known for their versatile sound and unconventional musicality, they gained mass attention for 2025's "Dancing with your eyes closed," which they performed alongside other tracks "Music Baby" and "Professional Vengeance."

Spinning and running across the stage during their set, Jane Remover successfully warmed the crowd and set the tone for the high-powered performances that followed.

"Santa Barbara, oh my God, what the fuck? What the fuck is going on?" rapper Earl Sweatshirt said as he took the stage as the second opener.

"Y'all about to graduate or some shit? ... Hooray! So it's kind of a party type shit," he said as the crowd cheered with enthusiasm for the graduating seniors in the crowd. Earl Sweatshirt opened his set with "gsw vs sac" with the help of DJ Black Noi\$e.

Performing hits like "FORGE," "Tour de France" and "AOK," Earl Sweatshirt gave a more tame performance on the Extravaganza stage. The base during his set was felt all across Harder Stadium and allowed the crowd to relax after the previous opener.

Earl Sweatshirt amusingly pointed out the festival's sponsors that were being projected on the screen behind him, which

included Albertsons, Woodstock's and Vacation (the one that caught the rapper off guard

the most).

"I'm trying to get like y'all man," Earl Sweatshirt said as he admired the line up of sponsors. "Best advice for y'all's self is have fun, have fun with JT ... Squad assemble, we out."

Time constraints prevented the original opening DJ Estrexxa — fourth-year psychological & brain sciences major and Battle of the DJs winner Citlali Ibarra — from performing at the start of the concert.

Ibarra instead performed following both Jane Remover and Earl Sweatshirt's appearances, getting the unique opportunity to mix on-stage next to JT's DJ Kai The Black Angel (real name Kafiq Baynes) as he set up for the upcoming performance.

"It was definitely really exciting to feel like I was engaging with these artists more, and feel like I was connecting with them more because I was performing in between sets," Ibarra said.

Dyson said that, while the lineup rearrangement was last minute, she felt the outcome was more than ideal. "Honestly, that was a much better choice, because [Estrexxa] also had to play for a much bigger crowd and got to keep the audience awake and up, so I think that was like a really good choice."

After several enthusiastic "JT coming, JT coming" shouts from the student crowd, rapper and former City Girls member JT made her way onto the stage to her hit "Ran Out." Dressed in a neon pink, blue and black bodysuit, the singer raised the energy in Harder Stadium tenfold the second she took the stage.

The energy throughout the crowd was electric and students could be heard rapping and singing along to JT. Excitement for the performer was almost palpable.

"I was just really excited, and I didn't know UCSB got down like that. Like, I was really, really grateful to see the [inclusivity] and having Black women, you know, perform for us, especially as a headliner for Extrav," second-year history of public policy and law and Black studies double major Amaya Boyd Frazier said.

"Before we get into JT, I got a question: 'Have you ever seen a pretty girl get ugly like this,'" JT said before her hit song with Zara Larsson "Pretty Ugly (Girls Trip)" started playing.

After performing a few of her hit songs off of her first solo mixtape "City Cinderella" following the City Girls breakup, JT decided it was time for her rap cam — a tradition started on her tour where she brings up a few select fans to compete in a mini rap battle.

First-year psychological & brain sciences major Melina

Cabrera and Boyd Frazier were among the three students selected to perform during "Numb."

"I was really nervous. It was stage fright, I had never seen that many people in front of me in a crowd," Cabrera said.

Boyd Frazier shared a similar sentiment.

"When I saw how many people were on stage, I was like, 'Oh my God,'" Boyd Frazier said. "I was happy because it was JT, but I was like, I cannot embarrass myself in front of all these people."

Despite the valiant efforts of the girls on stage, JT gave the Gaucho crowd a "Big fat F" for their lack of lyrical knowledge. Yet this only made the students rowdier and more energized in an effort to prove her wrong.

JT was seemingly proud of one Gaucho in the front for knowing all the words to her last song "No Bars." First-year psychological & brain sciences major Lyann Reth knew the lyrics so well, JT asked for the camera to focus on her, broadcasting her to the entire audience.

"I didn't really know what [JT was] talking to me about, but either way, I'm gonna go off. I'm gonna rap so hard, because this is my song," Reth said. "After Extravaganza, my friend went to me and we were talking about it, and I was like, 'Was I tripping or was JT talking to me?' And then he was like, 'Of course she was talking to you because you were on the big screen.'"

Spirits were high in Harder Stadium as JT put up a few final finger hearts and gave her final remarks.

"I hope y'all had a good time. I hope y'all leave here today loving y'all's self more than you did when y'all came," JT said as she left the stage.

After an extensive stage rearrangement, headliner Dominic Fike took to the Harder Stadium stage to a roar of cheers from students. The singer casually made his way across the stage before immediately jumping into "How Much Is Weed?," rapping and vocalizing into the microphone.

After making his grand entrance and performing a couple more songs, Fike greeted the UCSB crowd. "We're all the way out in beautiful, sunny Santa Barbara. It's real nice out here," he said. "I love it out here, to tell you the truth."

Fike maintained a lighthearted, playful tone during his time on stage, regularly making witty and anecdotal remarks. He commented on his recent string of college performances, saying "I'm really grateful to be performing for a bunch of college kids, y'all are really fun." UCSB is the third University of California school Fike has performed at in 2026,

having previously headlined UC Davis' Lawntopia and UC San Diego's Sun God music festivals.

When performing "White Keys," which was a leaked 2020 track until its official release in December 2025, Fike admitted that he "hates this song" but was willing to perform it due to its immense popularity. Fike pointed the microphone toward the audience, asking students to "SING THIS SHIT FOR ME PLEASE!"

Fike is a multi-instrumentalist, a talent he made known on the Harder Stadium stage. The singer regularly switched between acoustic and electric guitar, soloing and riffing during songs, and even sat down at a keyboard for a more toned-down sound.

Students were treated to "Babydoll," another major hit in Fike's discography, twice. After the initial performance, Fike immediately turned to his band, asking "Can we just play that one more time, 'cause I fucked it up." This request was eagerly endorsed by the crowd, excited at the chance to hear the popular track again.

Spirits were high during Fike's set, the crowd remaining consistently engaged and engrossed in the headlining performance. There was never a silent moment in the audience, Gauchos easily able to sing Fike's lyrics back at him on stage.

During "Why," the singer jumped off stage and went up to the barricade, holding hands with an audience member as he balanced on the railing while singing the chorus.

Near the end of his performance, Fike went to visit the audience once again, making sure students on all sides of the crowd got the opportunity to interact and sing with the headliner himself.

With a momentous conclusion, Fike thanked the crowd and sprinted off stage to the cheers of students and pleas for an encore.

The 46th Extravaganza wrapped in the early evening, sun still blazing and students buzzing with excitement following Fike's electric performance closing a successful festival.

To Dyson and ASPB, 2026's Extravaganza will go down as a highlight in the festival's history.

"I want to see as many people happy as possible, and I want as many people in our student body to be happy and to experience joy," Dyson said.

Dyson also added the purpose Extravaganza serves for UCSB students.

"Extravaganza is a part of UCSB culture. It's been here for almost 50 years ... it's a tradition that we want to try our best to upkeep and try our best to make sure that we're making everyone proud," Dyson said.

SHENGYU ZHANG / DAILY NEXUS

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KAYLEE HEARTMAN / DAILY NEXUS

Dylan Vo
Staff Writer

IHC hosts 'Humanities Decanted: Josephine Metcalf'

The Interdisciplinary Humanities Center (IHC) is hosting a screening of the film "Humanities Decanted: Josephine Metcalf" on Thursday, May 21, from 4-5:30 p.m. at the McCune Conference Room, 6020 HSSB.

"Join us for a dialogue between Josephine Metcalf (University of Hull) and Ben Olguin (English) about their new co-edited volume, *The Life, Literature and Legacy of Luis J. Rodriguez: In the Long Run*," the Shoreline description read.

CLCRC hosts 'Grad Cap Decorating Event'

The Chicax/Latinx Cultural Resource Center (CLRC) is hosting a "Grad Cap Decorating Event" on Thursday, May 21, from 5-7 p.m. at the El Centro Activity Room.

"Come join EOP's Chicax/Latinx Cultural Resource Center on May 21st from 5-7PM in El Centro's Activity Room to celebrate our graduating seniors with cap decorating, polaroid photo op, and yummy snacks to munch on!" the Shoreline description read.

IHC hosts screening of 'Pitch Perfect'

IHC is hosting a screening of the film "Pitch Perfect" on Thursday, May 21, from 8-10 p.m. at Isla Vista Theater.

"Join us for a free screening of the ultimate college classic, Pitch Perfect! Get ready for riff-offs, horizontal running, and aca-mazing vibes. Hold on. It gets better. We've got Bingo for this movie! Win some seriously awesome prizes," the Shoreline description read.

RCSGD hosts 'Sapphic Scrapbooking - Graduation Season!'

The Resource Center for Sexual and Gender Diversity (RCSGD), in collaboration with Associated Students (A.S.) Trans & Queer Commission, A.S. Black Women's Health Collaborative and Black Quare, is hosting

"Sapphic Scrapbooking - Graduation Season!" on Monday, May 22, from 2:30-4 p.m. at the Student Resource Building (SRB) First Floor Conference Room.

"Can you believe it's time already! Reflect on your time at UCSB with us!" the Shoreline description read.

Health & Wellness hosts 'Herbal Brews and Mindful Breaths'

Health & Wellness is hosting "Herbal Brews and Mindful Breaths" on Friday, May 22, from 2:30-3:15 p.m. at the SRB Southside Lawn.

"Join us for a sensory meditation series featuring a new herbal tea each week! Learn about how to prepare the teas and their benefits for the body and mind. Enjoy a guided meditation, and finish with a mindful tasting and discussion," the Shoreline description read.

PCN hosts 'Pilipino Cultural Night 35'

Pilipino Cultural Night (PCN) is hosting "Pilipino Cultural Night 35" on Saturday, May 23, from 5-8 p.m. at Campbell Hall.

"The event celebrates Filipino culture, history, and identity through various forms of performing arts, such as traditional dance, modern dance, music, skits, and other theatrical performances," the Shoreline description read.

Health & Wellness hosts 'Mindful Meditation with Asian Resource Center Community'

Health & Wellness, in collaboration with the Educational Opportunity Program (EOP) and Asian Resource Center, is hosting "Mindful Meditation with Asian Resource Center Community" on Tuesday, May 26, from 11:15-11:45 a.m. at the Asian Resource Center.

"Come practice mindful meditation as a community in the Asian Resource Center (ARC). Practicing meditation can help manage stress and improve memory and focus. Certified facilitator Michael "Maka" Takahara will lead us in guided meditation each week. No particular experience or beliefs are necessary," the Shoreline description read.



MICHELLE WU / DAILY NEXUS

Wynne Bendell
Lead News Editor

NSF suspended 18 UC Berkeley research grants

In the last month, the National Science Foundation (NSF) has terminated 18 research grants at UC Berkeley, which seem to target alleged foreign-funded projects. This comes one year after a wave of attempted cuts to grants which targeted research focused on diversity, equity and inclusion.

According to the Daily Californian, Berkeley campus legal counsel informed Associate Professor of Chemical and Biomolecular Engineering Markita Landry that her grant was targeted because it allegedly received funding from the United Kingdom. Landry told the Daily Cal that she has never received funding from the UK.

The NSF does not prohibit foreign funding as long as it is disclosed by those requesting grants. For researchers affected by the cuts, campus legal counsel is currently working to submit updated documentation for any foreign funding.

These cuts follow a trend of attacks on science research by President Donald Trump's second term, which has seen mass layoffs, funding cuts and a pause of federal health communication.

The NSF declined to

comment on the cuts to several media outlets.

Four UC alumni awarded with 2026 Pulitzer Prizes in Journalism

This month, three UC Berkeley Graduate School of Journalism alumni and one UC Santa Barbara alum were each awarded the 2026 Pulitzer Prize in Journalism.

UC Berkeley alum and Editor and Senior Vice President of the Minnesota Star Tribune Kathleen Hennessey won the breaking news prize for her coverage of a shooting at a back-to-school mass at a Catholic school where two children were killed and 27 were wounded.

For the explanatory reporting prize, Berkeley alum Susie Neilson won for her contributions on the San Francisco Chronicle series "Burned," which exposed how insurance companies used algorithmic tools to undervalue properties damaged by fires and denied insurance claims.

The Associated Press Journalist and Berkeley alum Garance Burke won the international reporting prize for investigation into how Silicon Valley produced China's nationwide surveillance technology.

Finally for the local reporting prize, UCSB alum and Chicago Tribune reporter Tess Kenny won for her coverage on United States Immigration and Customs Enforcement raids

in Chicago.

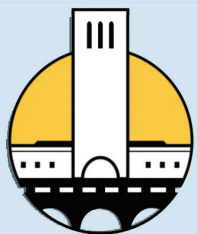
Former UCSD student files lawsuit against UC Regents over arrest at Gaza Solidarity Encampment

Former UC San Diego student Emily Lucas filed a lawsuit against the UC Regents after UCSD police arrested her at the Gaza Solidarity Encampment in 2024 and a subsequent policy violation investigation.

Lucas was arrested with 63 other people on May 6, 2024, after police officers ordered protestors to disperse from the encampment. According to UCSD's The Guardian, Lucas participated in the encampment as a medic. After being held for 13 hours, Lucas was released from the San Diego Central Jail with no charges.

Following the arrest, UCSD investigated Lucas for policy violations where she was found guilty of participating in unlawful assembly and failure to comply. This decision resulted in one year of academic probation. The lawsuit states that UCSD prohibited Lucas from having representation during the investigation or presenting her own evidence.

Lucas alleges that both the arrest and investigation were unfair and unjust, and the one year delay in obtaining her degree interfered with employment opportunities.



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CALPIRG's continued passion for a changed world

Elijah Obando
News Intern

When walking between the UC Santa Barbara Library and the Arbor, passersby are often stopped by students in bright blue shirts and holding clipboards with requests to “sign this petition.”

These volunteers dressed in blue are members of the California Public Interest Research Group (CALPIRG), a grassroots activist organization that advocates against issues relating to the environment, democracy, hunger and public health. CALPIRG's Statewide Board Chair and fourth-year political science and economics double major Jake Twomey emphasized their mission to “mobilize social networks.”

“I think one of the things that separates us from a lot of clubs [on campus] is that we do organizing, which means we want people not just to themselves,” Twomey said. “We want to be able to reach everybody on campus. We'll always have another way to keep making a difference.”

Prior to becoming statewide board chair, Twomey has volunteered at UCSB's CALPIRG chapter since his freshman year, taking on a variety of different positions. Twomey said he's witnessed a high number of students passionate about making social change even outside of those who join CALPIRG.

“I think one of the things that makes me most proud as a student at [UCSB] is that we have one of the most thriving political activist scenes [of] the UCs,” Twomey said. “Between our environmental groups [and] political groups, I think the campus spirit is very much like ‘gung-ho’ about getting involved — doing something to make the world a better place.”

Through CALPIRG's lobbying efforts, California issued SB 1053 which banned all single-use carryout plastic bags on Sept. 22, 2024.

CALPIRG gathered community support for the bill for over a year prior. Twomey explained that the plastic industry was “running attack ads on the bill on public television.” Even so, CALPIRG's campaign prevailed and the ban went into effect on Jan. 1, 2026.

“I think [the plastic bag ban] specifically, we all have a lot of pride over because we were one of, if not the biggest groups working on this,” Twomey said. “We had put in the most outreach to students and members of the community, and it was something that we had significant industry opposition [from].”

Per CALPIRG's site, it often faces opposition from “powerful



CALPIRG often faces opposition from “powerful special interests,” having experienced federal pushback on their campaign against reopening the Sable Pipeline.

special interests,” having experienced federal pushback on their campaign against reopening the Sable Pipeline. In March, President Donald Trump issued an executive order that prompted the Texas-based oil company Sable Offshore to reopen its system of pipelines that run off the Santa Barbara coast.

While CALPIRG continues to fight the pipeline's reopening, Twomey emphasized the peak of their efforts against Sable occurred when the issue was being discussed on the local level. On Jan. 28, 2025, CALPIRG started its campaign against the Sable Pipeline responding to an initial plan to reopen it with several executive orders that were aimed to increase gas and oil production.

“[The Sable Pipeline] really has changed a lot since we started working on it. At first it felt very much like a county-level issue, so getting the county planning commission and the county itself to put [a] halt to the pipeline,” Twomey said. “That at first was the big target, and we were really successful in that.”

Twomey extended credit for the early success of the campaign to the efforts of different groups on and off campus, as well as community organizing.

“The community really mobilized and showed that they didn't want this pipeline in their backyard,” Twomey said.

According to Twomey, the pipeline has now “turned into a national issue,” with discussions to reopen the pipeline reaching

federal levels. Although CALPIRG is currently “not the most active member in the coalition [against the pipeline],” much of their efforts in ocean conservation focus on expanding California's marine protected area network.

“Marine heat waves have caused our kelp forest to die off more than 90% across the entire coast. Which if that sounds really alarming, it's because it is,” Twomey said. “We know the way that we can provide resilience is just by leaving the areas alone [and] making sure that they're not burdened by extra fishing practices or pollution.”

NASA research conducted in 2021 showed 95% of kelp forests had disappeared along the Northern California coast, with severe declines in Central and Southern California due to warmer waters. According to research conducted at UC Los Angeles, “marine protected areas” help kelp stay resilient against rising ocean temperatures.

Twomey stated that CALPIRG has consistently fought for expanded marine protections over the last three years. He explained they have been lobbying for their expansion at Fish and Game Commission meetings where decisions about marine protected areas take place.

“We actually brought a ton of students from [UCSB] to the hearing on May 5 and May 6, and that was really exciting,” Twomey said. “We were able to mobilize a lot of the community in support. We actually even had students

from UCLA drive up to make sure that went well.”

Another success for CALPIRG was their efforts to register students to vote during the 2024 presidential election. UCSB registered the most students out of 200 California higher education institutions.

“There's something that [UCSB] does called ‘Storm the Dorms,’ and we help volunteer for that. All the new freshmen when they're doing their dorm orientation, we have a section where they're able to register to vote,” Twomey said. “[And] a lot of tabling. Making sure that we're really vocal all the time, and ... being able to kind of walk them through that.”

He emphasized how UCSB's preestablished network of campus organizations called the “Gaucho's Vote Coalition” — which CALPIRG helped create — allowed them to successfully register students.

As CALPIRG advocates for democracy, its internal system runs the same way. All decisions are made by the student body, and each of the eight University of California (UC) chapters elect a board to discuss “big decisions” for the organization. CALPIRG chapters work on statewide and national campaigns, while also focusing on local and campus level campaigns.

“We have some service campaigns [where] we work on addressing hunger and homelessness just around Isla Vista. We've also worked on conservation campaigns for the

local area,” Twomey said.

While much of CALPIRG's work can be seen through lobbying for policy changes, Twomey emphasized most of their service campaigns work on providing immediate responses to the community.

“I think it's great to try and get at the more systemic sources of hunger and homelessness, but most of our campaigns are in a very immediate sense,” Twomey said. “Making sure that local food pantries have what they need. Making sure domestic violence shelters have clothing and hygiene products — very much immediate and local.”

CALPIRG is also currently working on their “Make Textbooks Affordable” campaign. Twomey explained that the UC system has been “tinkering with programs that would automatically charge each student between \$100 and \$200 every quarter for course materials.”

“I don't know about you, but there was never a quarter where I naturally paid that much. And so I think making sure that students are aware of this, as something that could potentially be coming [to the UC system], students are able to mobilize,” Twomey said.

Whether it's lobbying against plastic bags to save “hundreds of thousands of plastic from entering our waste system and environment” or providing local support at UCSB and IV., CALPIRG aims to mobilize the community to create the change they want to see in the world.

Rape and strangulation perpetrator still at large after assault in campus housing

Levi Kauffman
County News Editor

Disclaimer: This article contains mentions of sexual violence.

Over a week after a rape and strangulation that occurred in UC Santa Barbara campus housing on May 9, the perpetrator remains at large.

On May 14, Tyrone Maho, the attorney representing the victim — a first-year UCSB student referred to as “Jane Doe” — and her family, shared a statement with the Daily Nexus. According to Maho, Doe met the attacker at a party at the Sigma Pi fraternity house between 9:06-10:06 p.m. After, Doe was in the area of Embarcadero del Mar and Cervantes Road before reaching Tropicana Gardens around 10:36 p.m. There, Doe was assaulted and called 911 at around 11 p.m.

Maho and Private Investigator Michael Claytor



The victim and perpetrator allegedly met at the Sigma Pi fraternity house before the attack occurred at Tropicana Gardens.

hosted a press conference at Tropicana Gardens on May 14 where they asked for the public's assistance with the investigation. Maho said that

they have called on Chancellor Dennis Assanis to request the help of the Santa Barbara Sheriff's Office, but he has not yet responded at the time

of this article's publication.

According to an email from UCSB media spokesperson Kiki Reyes, the UCSB campus legal counsel “responded

multiple times” to Maho's request and “UCPD has been in direct contact with the survivor's family since the early stages of the investigation.”

“Federal law and university policy prevent us from discussing specifics of a case,” the email read. “We remain fully committed to protecting the privacy of the survivor and their family while providing them with continuous support and resources.”

UCSB Police Department is actively investigating this crime and urges anyone who may have information that might assist its investigation to contact UCSB Police Department at 805-893-3446, or report the information anonymously on their website.

The Nexus will continue to report on this topic as more information becomes available.

Senate increases library resources, Pardall Center considers new operating hours

Wynne Bendell
Lead News Editor
Zach Miller
Staff Writer

The 76th Associated Students Senate passed funding to buy new library whiteboards and finalized the rollover funding for the next academic year at its May 13 meeting.

Reports

Associate Vice Chancellor for Student Life Suzanne Perkin announced the results of the Save Student Services fee initiative on the Associated Students (A.S.) spring election ballot. The initiative included reaffirmations, which all passed, and proposed funding increases. While every program received a majority of affirmative votes, most did not pass due to a lack of voter engagement.

“There is a requirement for all fees and reaffirmations that at least 15% of the voting population has to vote ‘yes’ or ‘no’ on the measure. If someone abstains, that doesn’t count toward the vote,” Perkin explained.

The Research Experience & Education Facility (R.E.E.F.), recreational programming, Counseling & Psychological Services and Career Services were the only services to surpass the 15% rule and gain fee increases. The Women, Gender, and Sexual Equity department fell nine votes short of the cutoff, while the Health & Wellness Center fell short by 21 votes. According to Perkin, this is the first time that a measure has ever failed due to a lack of votership.

Next, A.S. Executive Director Sean Lieberman shared ideas on how to increase voter turnout for future campus elections. The discussion centered on increasing the number of students running for office, providing more resources explaining what the Senate and A.S. does, shortening the ballot, adjusting the language of the ballot and implementing a partial ballot system.

Afterward, the Liaison for the Police and Community Affairs Board for the A.S. External Vice President for Local Affairs and

fourth-year sociology major Omar Opeyany informed the Senate of a University of California (UC) system-wide update to UCPD policy. The policy covers everything from appropriate attire to permissible police tactics and the circumstances under which force may be used. Opeyany explained that although the policy conforms to minimum constitutional standards, it is the UC’s duty to protect its students. He encouraged the Senate to review the proposed revisions and join the process.

Next, A.S. Pardall Center Chair and fourth-year communication major Hannah Adams-Claros announced that the Pardall Center plans to change its operating hours to limit public access from 12-5 p.m., with students still being able to utilize the space from 9 a.m. to 9 p.m. According to Adams-Claros, this change was prompted by safety concerns following an incident of harassment against a student employee from a non-student. The center is looking to implement an access card scanning system to enter during non-public hours.

Public Forum

A.S. Art Director Chelsea Lyon-Hayden requested \$14,500 from the Senate to supplement student staff salaries in the A.S. Creative Media Unit (CMU) following recent budget cuts. The CMU works with A.S. entities to provide information and publicity about programs, events and services. Their team includes graphic designers, photographers, videographers, web developers and a television production team. Lyon-Hayden noted that they have been working on a rollout for updated A.S. branding.

Legislation Proposed

Senator and first-year physics major Alec GeoSimonian proposed a bill that would allow the Senate Finance Committee to appoint a chair that is not an active senator but has at least three quarters of experience on the committee. The bill was referred to the finance committee.

“The reason I introduced this bill is because we are entering a



A High Impact Project to buy 12 new whiteboards for the library received \$15,000 in funding from the Senate Unallocated account.

new Senate where 21 of the 23 new senators have no prior experience and I want to make sure that the Senate has the ability to appoint a chair with more financial experience,” GeoSimonian said.

Second President Pro-Tempore and fourth-year political science and history double major Melanie Jones then proposed a bill that would maintain and oversee an A.S. Project Tracker as the official centralized system for documenting ongoing and completed projects. Senators would be required to keep up-to-date project entries during each quarter of their term. The bill was referred to the liaison committee.

Next, Senator and second-year political science major Erica Sherkin introduced a bill to disband the Food Bank Advisory Committee, citing concerns that its duties are redundant because they are already handled by student staff at the food bank. The bill was referred to the advocacy committee.

Senator and fourth-year sociology major Mira Than introduced a bill that would restructure the Liaison Committee’s legal code, adjusting it to serve as an oversight and coordination body for all Boards, Committees and Units (BCU) engagement conducted by the

Senate, rather than a sole liaison. The bill referred to the liaison committee.

Senator and third-year economics and philosophy double major Noah Luken proposed a bill to create the A.S. Professional Services Unit which would support internal compliance with business contracts, aid A.S. in its strategic vision and support the development of enterprise. The unit would be divided into the strategic operations office, the controls and compliance office and the business enterprise office. The bill was referred to the liaison committee.

Legislation Passed

The Senate adopted a bill to codify the appointments tracker as a responsibility of the Committee on Committees. This bill was created because there is currently no formal structure to tracking appointments within A.S. so the responsibility has fallen on Senate leadership.

Next, the Senate adopted a bill to consolidate inactive and replicative BCUs. With this, the Senate has removed the Chief Operations Office, Environmental Justice Alliance, Commission on Marginalized Genders, Alternative Transportation Unit, Jewish Commission, Commission for

Students Against Sexual Assault and the Community Volunteer foundation. Each of these entities have been inactive for several years or are replicative of other A.S. entities.

The Senate then approved Senator and fourth-year global studies and history double major Neo Harter’s High Impact Project to buy 12 new whiteboards for the library. The project will receive \$15,000 in funding from the Senate Unallocated account.

Next, the senate adopted a bill updating the Judicial Council (JC) parameters of Policy 1, which would transfer authority over policy violations to the JC from the Office of the Student Advocate General.

The Senate then adopted a bill to update the internal funding policies of the association. With this, registered campus organizations, which are not A.S. entities, can only request funding from the Senate Unallocated account as a last resort for campus-wide events.

Rollover Deliberations

The Senate decided the amount of funding that each entity would be able to rollover into their budget for the next academic year. The meeting also went into closed session to balance budgets in a deficit.

IVCSD hears from CALPIRG, parking compliance and annual reports

Elijah Obando
News Intern

The Isla Vista Community Services District heard from California Public Interest Research Group members and presented their public works and sustainability annual report during their board meeting on May 12.

Four members from the California Public Interest Research Group (CALPIRG), a grassroots activist organization, each made a public comment requesting the I.V. Community Services District (IVCSD) to support the Polluters Pay Climate Fund Act of 2025. This act would hold large entities who contribute to fossil fuel emissions to be financially responsible for damages they create. According to Alex Borgas, a CALPIRG board member and

second-year political science major, the bill would help Isla Vista directly since “40% of the funds” would be allocated to support “infrastructure in disadvantaged communities.”

“I think it’d be really great making the biggest companies pay for the damages that they’re creating,” Borgas said. “This is something that we’ve been working on for a while [by] gathering a lot of [signatures for] petitions.”

With Santa Barbara County passing a resolution in support of the bill, Borgas hopes IVCSD will also show their support for it. The board of directors noted the comments and will discuss the bill further in a future meeting.

After public comment, Public Works and Sustainability Director Jenna Norton introduced the parking

compliance program staff and gave a brief report on the work they’ve done. According to Norton, since March 27, 600 parking citations have been issued with their fines totaling to about \$24,000. Of that amount only about \$5,000 had been paid, with \$17,000 still owed.

“Parking in the red zone is by far the biggest violation [with] 341 citations,” Norton said. “Following after that is [vehicles blocking] sidewalks, which has definitely been a huge issue that we’ve kind of had to broach carefully.”

According to Norton, 139 citations have been issued to cars blocking sidewalk access. However, she clarified a part of the issue stems from improper education to vehicle owners.

“There’s a lot more than just 139 sidewalk parking offenders, but due to the density of those

violations in some areas, we just need to be careful,” Norton said. “We really plan on honing in this summer [by] trying to get property owners to educate their residents about parking in the driveway and targeting the actual houses where this is the biggest issue.”

Norton clarified that sidewalk parking offenses typically occur when tenants “park behind their housemates” in a driveway, resulting in the car blocking the sidewalk. She also highlighted that the parking compliance program so far has been able to clear sidewalk parking offenses on multiple properties including one on the 6600 block of Del Playa Drive.

Some IVCSD directors raised concerns about safety protocols for the parking compliance staff. Norton explained that the staff have had “de-escalation training

and are really encouraged to leave the minute something gets heated.”

Norton then presented IVCSD’s Public Works & Sustainability annual report, which covered their efforts toward waste management, graffiti removal, volunteerism and other initiatives. Among other things, she highlighted that throughout the year, between April 2025 to April 2026, 770 lbs of trash and 201 piles of glass were picked up, 350 instances of graffiti were abated and 12,011 pounds of food scraps were composted.

“We’ve accomplished most of our goals this year, but ultimately this year was a huge success and plans for next year include really just honing in [and] perfecting existing procedures and continuing to develop this parking compliance program,” Norton said.



Since March 27, 600 parking citations have been issued with fines totaling to about \$24,000.

IHC announces new bachelor's degree program with Corcoran State Prison

Wynne Bendell
Lead News Editor

UC Santa Barbara's Interdisciplinary Humanities Center announced a new Bachelor of Arts program for incarcerated individuals at Corcoran State Prison. With the first cohort being admitted for Fall 2027, the University joins the UC-wide Leveraging Inspiring Futures Through Educational Degrees program.

Leveraging Inspiring Futures Through Educational Degrees (L.I.F.T.E.D.) is a UC Irvine-based prison Bachelor of Arts program that has expanded to UC Riverside and now UCSB. The Interdisciplinary Humanities Center (IHC) has joined the program to offer a comparative literature degree to inmates at Corcoran State Prison. The program's students will take four courses per quarter for six quarters.

IHC and UCSB L.I.F.T.E.D. Director Susan Derwin said the center specifically decided to offer a comparative literature degree because of its "flexible" interdisciplinary nature. Derwin emphasized that the degree's humanities and social sciences courses offer knowledge "very beneficial for future career pathways."

"It also aligns with the rehabilitative project of reflection and interrogation and inquiry. And the study of literature really gives you insight to the compelling questions and concerns and motives that drive human beings across time and cultures, and it expands one's sense of experience throughout the world. So these are all just very empowering



According to Susan Derwin, individuals who are educated in prison are 43% less likely to return to prison within three years.

prospects for all people," Derwin said.

California has 95,827 people in prison, the second largest state incarceration population in the U.S. Nearly 30% of U.S. incarcerated individuals have never graduated from high school, while only 4% of formerly incarcerated individuals hold a bachelor's degree. According to Derwin, individuals who are educated in prison are 43% less likely to return to prison within three years than incarcerated individuals who don't participate in educational programs.

"When you're incarcerated, that kind of exchange among a shared interest in something like education or a question in a class is harder to come by because

you're in an institution that really doesn't cultivate the individuality of each person," Derwin said. "So the educational space enables all students, and in a carceral situation, it's particularly salient and important to really expand their horizons and possibilities and ways of really understanding their own position in the world."

While Derwin noted the rehabilitative nature of education for incarcerated individuals, she also stressed the importance of social support systems that enable individuals to fully realize their education.

"It starts with education embedded in a supportive social environment. In other words, in order to be able to take advantage of one's education at any level,

you have to have a home where you get a space where you can sleep enough, where you are provided with enough nutrition, where there's stability," Derwin said. "So education is the great lever of mobilization, but the challenges we face go beyond education. We have to create the supports and the stabilities in our local communities, so that students can take full advantage of education."

For Derwin, being director of L.I.F.T.E.D. enables her to be part of a program that directly aligns with her belief in accessible higher education for all. She specifically underscored the impact that literature education can have on students.

"It helps me do my work,

because my work is to teach people and I'm interested in teaching all people," Derwin said. "I really believe in the transformative power of literature to unlock possibilities and make life better for all people, because we all live in the humanities and use the humanities as a way of representing ourselves in the world, as a way of being in the world."

While UCSB's participation in L.I.F.T.E.D. has just launched, Derwin hopes the program will continue to expand to offer as many programs as possible in all prisons.

"There are great programs [and] degrees offered by the Cal State system now, and the community colleges offer associate's degrees. But I believe that the third tier of UC education needs to be available to all incarcerated people across the state who are qualified and interested," Derwin said.

Beyond personal benefit, Derwin highlighted that program participants will be able to utilize their degree to uplift the communities they are part of.

"The people who are in this program have, by and large, overcome tremendous social obstacles, and are so interested now in becoming leaders in the communities in which they return and supporting the neighborhoods that haven't had full access to all of the social supports that we're talking about," Derwin said. "So this does help feed into a possibility of lifting up and altering the people who are caught in that cycle, which has nothing to do with the people, it has to do with the structural conditions that create that cycle."

SBSHC provides alternative affordable housing to students



Each of the five houses has its own culture and theme. Biko has been known as a people of color-identifying house.

Elijah Obando
News Intern

In the midst of a housing crisis, students may stress about securing housing in Isla Vista. With the average rent of a one-bedroom apartment in Isla Vista exceeding \$2,000, some look to alternatives in the form of a housing cooperative.

The Santa Barbara Student Housing Cooperative (SBSHC) is a non-profit organization that aims to provide affordable housing to all students living in I.V. SBSHC houses students through their five houses: Biko, Dolores, Manley, Merton and Newman.

Marcelino Sepulveda, SBSHC's executive director, explained the cooperative is best for students looking to find community along with a place to live.

"We're a good fit for community-oriented students," Sepulveda said. "Students who are looking for more than just a place to sleep, who value shared meals, collaboration, meaningful relationships and participating in community life."

In I.V.'s housing market, SBSHC works to keep member dues below the average local rental prices. According to Sepulveda, the co-op looks at multiple measures of affordability, including I.V. rents, UC Santa Barbara dorm rates and federal housing standards. He said member dues "average approximately 70% to 80% of comparable I.V. rental rates" and around "60% of UCSB dorm rates."

The co-op also keeps costs lower through flat-rate utilities, shared purchasing, general-use food funds, furnished common spaces and internal rent grants for members in financial need. Four of the co-op's properties also have solar panels, with utility costs "socialized across all of the houses."

"We're a nonprofit, which means that anything, any profit that is generated is invested back into the organization," Sepulveda said. "Nobody is profiting off of it. So all of the benefits go back into the services that we provide."

Anbareen Schefa, SBSHC's director of member services, explained that the co-op only has about 95 bed spaces, however they usually have the most availability during summer. She also emphasized that the co-ops only offer single or double spaces, in contrast to other properties that may advertise lower costs in exchange for overcrowded rooms.

"It's not like we're just artificially deflating our rates by saying, 'Okay now there's 60 people in this house that's meant for 20 people,'" Schefa said. But living in the co-ops also requires more participation than a traditional apartment. Sepulveda explained that members take on house roles such as treasurer, food shopper, maintenance manager, board representative, house president and chore manager. They also contribute to house meetings, community work days, shared meals and chore systems.

"This is what differentiates us from other housing providers," Schefa said. "It's actually baked into your lease that you need to take on a leadership position within your house — that you need to do chores [and] you're gonna be attending house meetings."

The way the houses are governed also reflects this collective structure. SBSHC has a board of directors elected from within its membership. The board is responsible for setting the fiscal year budget, updating policies and signing financial statements. Schefa explained that "on a day-to-day level," residents help manage the operations of their own homes.

"When you move in, you'll get elected into a role," Schefa said. "Everybody does a little bit of something to keep things going. You can think of the phrase, 'Many hands make light work.'"

According to both directors, creating a sense of community is an important part of the co-op. Schefa lived in the co-ops from 2013 to 2017 and said she is still close with many of the people she met there. She currently still lives with the first roommate she was assigned to in the co-op, now over a decade later.

"I'm still really close in community with a lot of the people I lived with," Schefa said. "I think [that] is a testament to how close you can really become with people that you live with in the co-ops."

Each of the five houses has its own culture and theme. Merton is an interfaith-themed house, while Biko has been known as a people of color-identifying house. Staff emphasized that these identities developed through student leadership and the communities within each

house but they are still open to all students.

Though each house has its own identity, Schefa described the co-op as an "interdependent community" rather than five disconnected spaces. Members collaborate across houses, and the organization is designed to keep the houses connected.

Sepulveda emphasized the students who live in the co-ops see themselves as a "resource to the community at large." He explained the origins of the co-op came from students demanding housing during the '70s.

"I think the co-ops are a testament to the actual power that students do wield and that they do hold," Sepulveda said. "We've grown from a handful of students who were visioning for something better, and we've housed thousands of students in those 50 years [since SBSHC's creation]."

COURTESY SANTA BARBARA STUDENT HOUSING COOPERATIVE



Illustration of Manley House.



COURTESY SANTA BARBARA STUDENT HOUSING COOPERATIVE

Schefa described the co-op as an "interdependent community" rather than five disconnected spaces.

Ribbon cutting for I.V. street



Founder and President of GTT and third-year physics major Sanjit Masanam cut the ribbon to mark the celebration.

Lola Hadley
News Intern

Gaucho Think Tank, Isla Vista Community Services District and Santa Barbara County hosted a ribbon-cutting ceremony for the completed street mural on Camino Pescadero and Pardall Road on May 19.

The mural was a collaborative project with Gaucho Think Tank (GTT), I.V. Community Services District (IVCSD), Santa Barbara County (SBC) and Chumash artist John Khus. SBC Board of Supervisors Second District Supervisor Laura Capps attended the ceremony and emphasized the importance of art and safety in the community.

"Really this is about safety. The county really partners hand-in-glove with Isla Vista Community Service District, and as you've heard, it's been great," Capps said.

IVCSD Public Works & Sustainability Director Jenna Norton manages I.V. Beautiful, which works to promote art and beautification within the community.

"It was such a fantastic partnership, and as everyone said, it couldn't have turned out better. I knew the designs were beautiful, but actually seeing them here, they're just

absolutely stunning," Norton said.

Founder and GTT President and third-year physics major Sanjit Masanam explained the importance of not only beautification in I.V. but also emphasizing safety, which is GTT's core focus.

"We're here to celebrate the culmination of all the hard work," Masanam said. "I was also a bit worried about how much work it would all be to put this together, and I was not wrong."

Masanam, Khus and Norton directed about 50 volunteers to help put the project together.

"I think a big purpose of this was creating community, and yesterday that community happened," Khus said. "It was fantastic. I don't think that we ever would have imagined that it would come together so, so wonderful, and so it was a very unifying experience."

Paris McCree, a second-year biology major, volunteered during the installation of the mural.

"It was a very collaborative experience," McCree said. "I never actually had that much fun painting on the ground before, so I think I had a great time, and I talked to so many more new people while doing something that I really enjoyed."

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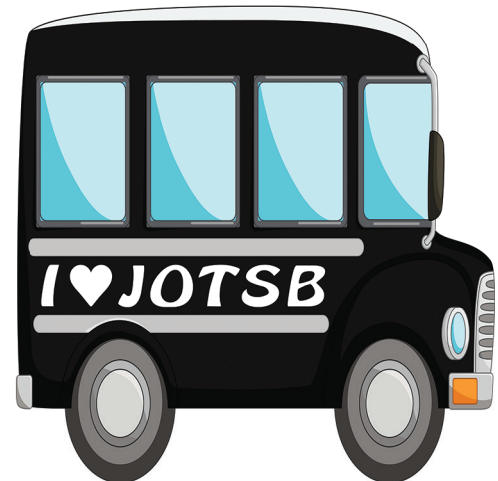
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I.V. Surfrider hosts 27th annual Concert For The Coast

Dylan Vo
Staff Writer

Isla Vista Surfrider hosted its 27th annual Concert For The Coast on May 16 to raise money for the Channel Islands Marine & Wildlife Institute. The free event at Anisq'Oyo Park included live music, taco trucks, clothing vendors and opportunity draws.

I.V. Surfrider hosts Concert For The Coast annually to promote conservation efforts, build community in I.V. and raise money for environmental organizations. This year's

event proceeds will be donated to the Channel Islands Marine & Wildlife Institute (CIMWI).

The event is I.V. Surfrider's largest fundraiser of the year and planning begins every October shortly after recruitment and is led by a designated committee. Funding this year was entirely grant-based from organizations such as the Associated Students (A.S.) Program Board, the I.V. Community Relations Committee and the Coastal Fund, which also helped market the event.

The concert featured live music, block printing, glitter tattoos, clothing and jewelry shops as well as free Yerba Madres and tacos provided by Maria's Tacos. Island View Outfitters, CIMWI, I.V. Community Services District, the A.S. Environmental Justice Alliance, the Environmental Defense Center and the Coal Oil Point Reserve tabled at the event.

Eight local bands performed live at the concert including GardenStreet, Eternal Wave, Dead Set 805, Birchwood, The Helltones, Ray and Paul,

Moxie and The Frights.

Third-year environmental studies and aquatic biology double major and I.V. Surfrider Director of Internal Affairs Izzy Christoff said she enjoyed the community-building aspect of the event.

"I think this is a really great event, and it brings together a lot of different people. It happens every year, so if anyone's here next year in Isla Vista, they should definitely stop by," Christoff said.

Third-year economics and environmental studies double major and Co-Chair of the Concert for the Coast Committee Eden Burnett said she enjoyed seeing the hard work the committee put towards making this event come to life.

"I like seeing all of the hard work of my friends and I come together and then seeing everyone come and have so much fun," Burnett said. "People in the club will tell me, 'Oh my gosh, Concert For The Coast is my favorite event of Surfrider.' And seeing people coming off the streets and be like, 'Oh, I didn't know about this, but this is really cool.' That makes me really happy."

First-year history of policy, law and governance major Maya Schwartz highlighted the positive experiences she has had with both the

organization and the event.

"Surfrider has been one of the best organizations I've been a part of my freshman year at [UC Santa Barbara], and it is such an awesome event that not only helps conserve the coast and bring about substantial change, but what is so beautiful is getting to see community come together as well," Schwartz said.

Fourth-year biology major of Santa Barbara City College and Intern at CIMWI Jonah Rhoades shared his thoughts on the concert's profits going towards CIMWI.

"I've been seeing some of the money come through our accounts. People are very gracious and super willing to support such a great cause such as us. And everyone here living in Isla Vista is going to love the ocean and the environment and be stewards of that," Rhoades said.

Third-year environmental studies major Kate Bierwagen said she enjoyed the awareness the event spread to its attendees.

"I believe that we should protect the oceans in so many different ways, especially in more recent years. And so supporting a good cause like the Marine and Wildlife Institute to protect the marine mammals is really awesome," Bierwagen said.



The concert featured live music, block printing, glitter tattoos, clothing and jewelry shops as well as free Yerba Madres and tacos provided by Maria's Tacos.



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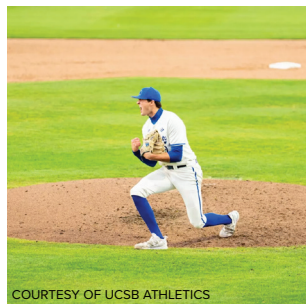
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SPORTS

UCSB BASEBALL EARNS BIG WEST HONORS



Big West Pitcher of the Year

Right-handed pitcher and potential first round draft pitcher Jackson Flora earns Pitcher of the Year for the Big West Conference. Flora has boasted an earned run average of 1.03.



Big West Coach of the Year

Head Coach Andrew Checketts, currently in his 15th season with the Gauchos, earned his fourth Big West Coach of the Year title after reaching 500 wins this season.



All-Conference First Team

Pitcher Jackson Flora is joined by second baseman Will Vasseur and outfielder Rowan Kelly on the First Team All-Conference list. Kelly and Vasseur both hit over 0.300 on the season.

UCSB's Ekua Youri named 2026 Big West Women's Tennis Player of the Year



Ekua Youri celebrates after scoring a point for the Gauchos.

Izabella Nickerson
Staff Writer

Junior transfer women's tennis player Ekua Youri celebrated her first year at UC Santa Barbara, demonstrating dominance all season and earning the 2026 Big West Women's Tennis Player of the Year award.

"I was super happy to get it. It's obviously a really big achievement," Youri said, "but my goals definitely don't stop there. I want to do better things. I wanna get ranked."

Youri's ambitions go beyond the Big West. She emphasized that she strives to lead a team to the NCAA Division I Women's Tennis Championship Sweet 16 and eventually compete in a national championship.

Youri's award marks the Gauchos' sixth straight season and 10th overall time earning the honor. This season, Youri went 12-7 overall and 4-1 in the Big West conference. As a singles player, she went 8-6 at No. 1 and 4-1 at No. 2. She also found success in doubles alongside freshman Caroline Beard; they went 9-3 overall with a 5-2 conference mark.

From a young age, Youri has

tennis career. "My goals have always been to be professional since I was young, so that's not changed," Youri said. "I still feel like it's something that I can do." Youri began playing tennis at the age of five, inspired by her older brother, and by the age of seven, she began to play competitively.

Youri is an international student from Kingsworth, England. As an English-African woman, she looks up to the accomplished female tennis player, Serena Williams.

"Serena Williams, by far, obviously, as a Black woman who has gone through so much adversity and so many challenges," Youri said.

Williams has inspired her to persevere and put in the work on the court. Youri believes that Williams is a prominent figure for all athletes of color.

"She inspired other young Black children to just keep doing what you're doing," she said.

After spending her first two years at the University of Texas at San Antonio, Youri transferred to UCSB after being recruited by the women's tennis team. Youri highlighted that

breathtaking environment of the California coast. She loves the unique beach access the UCSB campus provides.

"I felt like there weren't as many things in San Antonio," Youri said, "but here ... you can go on walks, you can go on hikes in the mountains, and it's quite refreshing."

As a powerhouse team, UCSB women's tennis won both the regular-season Big West title and championship this year. Unlike her previous team at the University of Texas at San Antonio, Youri believes the Gauchos carry out their ambitious efforts during practices.

"They just bring your energy up because there are so many of us," Youri said. "It's just nice to be in a court where someone's smiling or laughing, even when you're not having a good day."

Youri acknowledged Head Coach Simon Thibodeau's contributions to her growth as a player, helping her with gaining skills in clinching tough matches. One particular moment she highlighted was during a strenuous third set.

"He has helped with my progress a lot," Youri said. "He's

the hurdle for a lot of my really difficult matches."

However, the transition to the UCSB quarter system presented unexpected challenges for Youri. She admits that balancing academics and tennis has been difficult for her.

"I would say, but now that we don't have as many matches, I have more time to focus on school," she said.

With each match bringing unique challenges, Youri said she enjoys watching tennis matches and laying out her outfit before competing. "I usually have the same breakfast for home games. I always have eggs with toast and avocados and cottage cheese," Youri added.

With years of tennis under her belt, Youri added that tennis has grounded her, allowing her to deal with emotions on and off the court.

"It's definitely helped me to be more of a mindful person, just because so much goes wrong in tennis," she said. "You just deal with a lot of those emotions on the court. So when they translate off the court, you can just handle them a little better with a little bit more grace and

things happen and how you can deal with them better."

DI tennis is Youri's first time playing tennis with a team, and she sees a notable difference between college and individual tennis. On a team, Youri acknowledges the increased support she receives. "You have way more support than you're used to. You have a lot of people just cheering for you, and you have coaches." Whereas individually, Youri believes that the pressure subsides, calling it a "completely different sport."

For Youri, Big West Women's Tennis Player of the Year is just the first step in her tennis career. Looking into the future, Youri strives to become ranked in the Women's Tennis Association — the highest competitive level of professional women's tennis.

"Playing on the tour, that is something that I've always strived to do," she concluded.

UCSB baseball sweeps UCR in final series of the regular season, win Big West



Samia Agarwal
Staff Writer

The UC Santa Barbara baseball team notched three wins against the UC Riverside Highlanders over the weekend and finished the season having won 10 of their last 11 games. The Gauchos have officially cemented first place in the Big West Conference standings going into the championship tournament and logged another successful season under Head Coach of 15 years Andrew Checketts.

The Gauchos delivered a tight 1-0 win on Thursday, May 14 against the Highlanders in what will most likely be star junior pitcher Jackson Flora's last home start for UCSB. Flora absolutely excelled in the game, pitching his third career complete game shutout and neutralizing the Highlander's offense. Conversely, the Gaucho hitters really struggled to get going, posting only 3 hits for a .120 batting average on the game.

UCSB's saving grace came in the form of their lone home run in the third inning. Senior catcher Nate

Vargas stepped up to the plate as the first hitter of the bottom of the third and delivered a bomb that reached all the way to the scoreboard. Key fielding from senior shortstop Corey Nunez saved a late scare in the eighth inning, and the Gauchos escaped 1-0.

On Friday, May 15, UCSB returned to the stadium and this time, the offense was firing on all cylinders. The Gauchos came out on top with a score of 15-5, leaving little breathing room for the Highlanders who were forced to play from behind the entire game. The batting average saw significant improvement, with the Gauchos recording 12 hits for a .342 total.

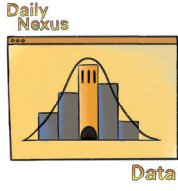
Junior third baseman Xavier Esquer shone for UCSB, hitting two home runs and logging a whopping seven RBIs. The most impressive came early after three walks set up Esquer to destroy his very first pitch of the game and send the home crowd roaring with a grand slam. Seven Gauchos managed to score in this one, with graduate first baseman Nick Husovsky capping it

off in the 8th inning with a double to send two of his teammates home and cement UCSB's dominant win.

On Saturday, May 16, the Gauchos overcame an early deficit to finish their season in the win column, 5-3. In the top of the second inning, two UCR singles set up sophomore catcher Esteban Sepulveda for a home run to left field, driving in two Highlanders and setting the score at 3-0. However, UCR didn't score again, as combined pitching efforts from senior Kellan Montgomery and junior Chase Hoover shut the Highlanders out for the rest of the game.

As a result, UCSB baseball recorded their sixth regular-season Conference Championship in program history. They went 22-8 in the Conference and 37-16 overall for a stunning .733 win percentage. They will move on to the Big West Conference tournament at Anteater Ballpark in Irvine, California and look to secure a guaranteed NCAA tournament bid with a win. They will play the winner of the No. 4 seed vs. No. 5 seed game on Thursday,

UCSB players celebrate after clinching the Big West title.



DATA

11 BIRDS TO SPOT AT THE LAGOON THIS SPRING

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Over the course of a year, UC Santa Barbara's Campus Lagoon sees over 100 distinct species of birds. Springtime at the lagoon is an especially dynamic period marked by the arrival of species from southern wintering areas, occasional appearances of more transient species passing through and breeding activity among year-round residents. The overlap of migratory and resident species at the lagoon can make the season an especially eventful time for birdwatchers, which include UCSB students, researchers and other local birders.

According to Mark Holmgren, a retired curator of the Cheadle Center for Biodiversity and Ecological Restoration (CCBER) for the vertebrate collection from 1984 to 2010, various characteristics of the lagoon make it attractive for birds.

"It's only in the last 20 years — maybe more than that — that [the lagoon has] been closed off, and it's been a reservoir for the effluent coming out of the Marine Science [Institute]," Holmgren said. "There is water coming in, water going out and there is a permanent fish population that's attractive to birds that are mainly coastal birds."

Holmgren also mentioned that restoration efforts led by CCBER Director of Ecosystem Management Lisa Stratton have helped create a diverse array of habitats at the lagoon, which have played a role in drawing in populations of birds.

"[The lagoon] has got everything from marshes to coastal sage scrub to oak woodland to dune-like areas, as well as beaches," Holmgren said. "So, it's attractive because it has a diversity of habitat types, and a diversity of salinity in the water, ranging from fresh water runoff ... to the saline water, the ocean water that comes from the Marine Science Institute."

Chris Berry is the lagoon steward for CCBER. In addition to his work in restoration projects at the lagoon, Berry participates in monthly bird surveys at the lagoon, which entail identifying the species and location of every bird seen around the lagoon.

"What we understand from our bird data is a lot of the birds that are coming to this area and utilizing the spot are here because of this body of water," Berry said. "It's been really cool over the years to see our data kind of suggest that some of the restoration work we're doing is creating more habitat for other kinds of birds."

Second-year

geography

and

biology
double major

Kinley Renger is the president of the Birding Club at UCSB. She organizes birding walks — around a third of which are at the lagoon — for members, aiming to facilitate spaces for UCSB students to learn more about local birds and wildlife.

"I think the biggest change

I've noticed [in the spring] is the amount of breeding activity — there's a lot of nests with baby birds around the lagoon that you don't get at other times of year," Renger said in an email statement to the Nexus. "A lot of species, like orioles and swallows return from Central and South America to breed around the lagoon. It is [definitely] exciting for birdwatchers, [it's] cool to see all the colorful breeding plumage and birds that have been gone for the past few months."

Conor McMahon, a doctoral student in the geography department, is involved with the Santa Barbara Audubon Society, particularly in the Conservation/Science Committee. He has also been active in various bird-related, student-run organizations on campus throughout his time at UCSB.

"I've really, really enjoyed being part of the bird community [at UCSB] more so than anywhere I've lived before," McMahon said. "Trying to teach other people about birds and how to identify birds and stuff has been one of my favorite things the last few years."

Based on eBird data and firsthand observations, the Nexus compiled a list of 11 birds to look for this spring, ranging from common year-round residents to less frequent migratory and transient visitors that may be of particular interest to birdwatchers.

1. Hooded oriole (*Icterus cucullatus*)

The hooded oriole is a medium-sized blackbird. Males are especially striking, with bright orange and yellow plumage and white wing bars. Females are a more muted yellow and have brownish wings.

"It's a typical neotropical migrant, meaning that it spends its time in the tropics of Central America and Mexico, and it comes up here in the springtime," Armando Aispuro, resource manager at Coal Oil Point Natural Reserve, said. "They come up here to breed, and so they nest typically in palm trees, which is kind of interesting. They actually take the palm fibers and construct a sort of pouch nest."

Though mostly insectivorous, hooded orioles supplement their diet with fruit and nectar when available. Their calls generally consist of a single "wheet" while their songs are a longer series of scratchy warbling and whistling.

At the lagoon, hooded orioles can be found high up in the canopies of trees or on especially leafy shrubs. They perform their sharp "wheet" call from these high perches. Otherwise, they can be found foraging acrobatically in the vegetation, hanging sideways or upside down while collecting bugs and fruit.

"I think of them as a harbinger of spring," Berry said.

2. Tree swallow (*Tachycineta bicolor*)

The tree swallow is a small swallow with broad, pointed wings, short bills and an almost-forked tail. They have a white underside and a metallic greenish-blue upper side (in males), or a

In flight, tree swallows make short chirps, interspersed with high-pitched gurgles. They are mostly insectivores and use their extreme aerial mobility to catch small flying bugs above ponds and in fields.

"They're a species that is a cavity nester. They need, generally speaking, mature trees on the landscape that have had time to grow big and drop a limb and then have that spot rot and hollow out," Berry said. "So they ... have really been negatively impacted by the history of

development and change in our area. Frankly, the loss of all of our historic old growth means there's a lot less space for those birds to nest ... so people who walk out around the lagoon might notice that we do have several nest boxes."

When they're not flying in and out of the nest boxes posted around the lagoon, tree swallows can also be found in very loose groups of a few dozen, mostly catching insects around the still areas of water or between trees.

3. Dark-eyed junco (*Junco hyemalis*)

The dark-eyed junco is a small sparrow with a light gray breast and belly, pinkish bill and reddish-brown back, wings and tail. Males' heads are black and females' are dark gray.

"Dark-eyed juncos are probably one of the more common species of bird you'll see on campus itself," Aispuro said. "They do really well in urbanized or slightly urbanized areas, so at UCSB, they might nest in flower pots or little nooks

in brick or something like that, usually near the ground."

Dark-eyed juncos forage for seeds and insects found in leaf litter. Their call is a series of single "cheeps" at inconsistent intervals, and their breeding song (often sung from high perches by males) is a long, one-note trill. At the lagoon, they tend to be spotted specifically at the grassy lawn below Centennial House. Many can be spotted with bands on their feet for the purpose of monitoring individual birds.

"There's a [research] group at [UC Los Angeles] that is banding juncos. So sometimes on campus, if you see a junco, you can see it's got like a band on its foot," McMahon said. "There's a website where people can report that and then that group can find out about the fact that that individual junco is still around."

4. Ruddy duck (*Oxyura jamaicensis*)

The ruddy duck is a small, stiff-tailed duck with a compact body and a broad bill. They have a vibrant reddish-brown body and black-and-white head (in males), or an all around grayish-brown body with a dark head (in females).

"I'd say ruddy ducks are our most reliable duck ... When the other ducks tend to clear out, they're still around," Berry said. "We've gotten to see some in their breeding

plumage recently. The males get this beautiful blue to their bill and then they get that ruddy, red

color. They're a charming looking duck ... their profile is a bit more distinct than other ducks and so people can identify them from a distance."

Ruddy ducks feed underwater, where they sift for seeds and small crustaceans along the river floor or lakebed. Their call is an

ascending "qua-qua-qua-quaack," although they are not as vocal as many other duck species.

At the lagoon, ruddy ducks are commonly seen in small groups under 10, although they can also regularly be found alone. These groups are almost always swimming on the surface of the lagoon itself, although individuals will intermittently dive underwater to feed.

5. Song sparrow (*Melospiza melodia*)

Song sparrows are one of the most common birds around the lagoon. They are a small, round songbird with a long tail; streaky brown back, breast and wings; and a grayish head with a distinct brown eye stripe.

"They don't do that well in urbanized areas," Aispuro said. "They really like shrubs, so you'll see them on the outskirts of the lagoon."

Song sparrows forage for small seeds and insects on the

ground. Their song is a melodic pattern that can vary from place to place, usually starting with two to four evenly spaced chirps followed by a running series of tweets and a buzz or trill.

At the lagoon, song sparrows can generally be seen singing from any perch, especially at the tops of shrubs and bushes. Otherwise, they can be seen foraging on the ground in open patches of grass and dirt.

They are almost always found by themselves. "A cool thing about song sparrows is they're super widespread across the U.S., and they're regionally variable — they look different in different places," McMahon said. "I have a friend who lives in Seattle, and in Seattle their song sparrows are bigger and they're really chocolatey brown. Ours are a little bit smaller and kind of paler, but streakier."

6. Brandt's cormorant (*Urile penicillatus*)

The Brandt's cormorant is a bulky seabird with a mixture of

dark-colored black and brown feathers. They have broad,

rounded wing and tail shapes. The bare skin on the throat patches of males turn

bright blue during breeding season. The birds also have a pale buff band across their throats. Males and females look alike aside from the aforementioned throat patch.

"They are, as I understand it, a little more pelagic than the double-crested [cormorants] are, and they tend to be more on the [Channel] Islands," Berry said. "Out here, we'll tend to see them on the Campus Point rock."

Brandt's cormorants are piscivorous, hunting exclusively by diving into seawater. On rocks, groups roost together and feed in flocks, often associating with other seabirds. Their calls sound like deep, guttural croaks.

Traditionally seen out at sea from Campus Point or the beaches by the lagoon, Brandt's cormorants often gather on the bluffs and fly in large groups over the ocean. Recently, a number of sick and dead Brandt's cormorants have turned up at Campus Point.

"We think what is happening is that there's a big marine heat wave that's been going on for a long time, and that's caused food shortages offshore," McMahon said. "A lot of the deep-water ocean birds have been coming much closer to shore than they usually would. So for a few months now, there's been this huge group of Brandt's cormorants hanging out at Campus Point ... and it's probably because there's not enough fish that are far offshore."

7. Brown pelican (*Pelecanus occidentalis*)

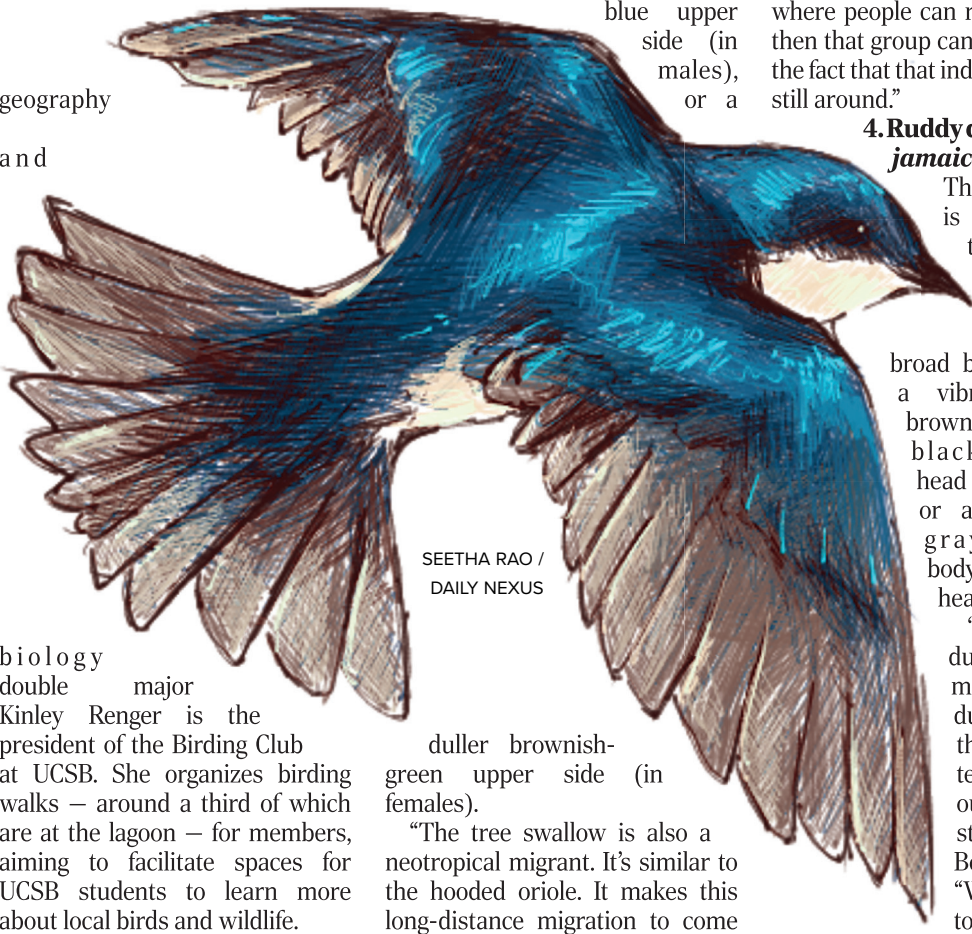
The brown pelican is a large, stocky seabird with a long, oversized bill with a stretchy throat pouch attached. Adult plumage is mainly silver gray on the bird's upper half, with a dark brown belly. Typically, the birds' heads are white with yellow on the crown, but during breeding season, the back and sides of the neck turn a dark red.

According to Renger, populations of brown pelicans were once jeopardized by the pesticide dichlorodiphenyltrichloroethane (DDT), which thinned out eggshells and caused them to be crushed during incubation.

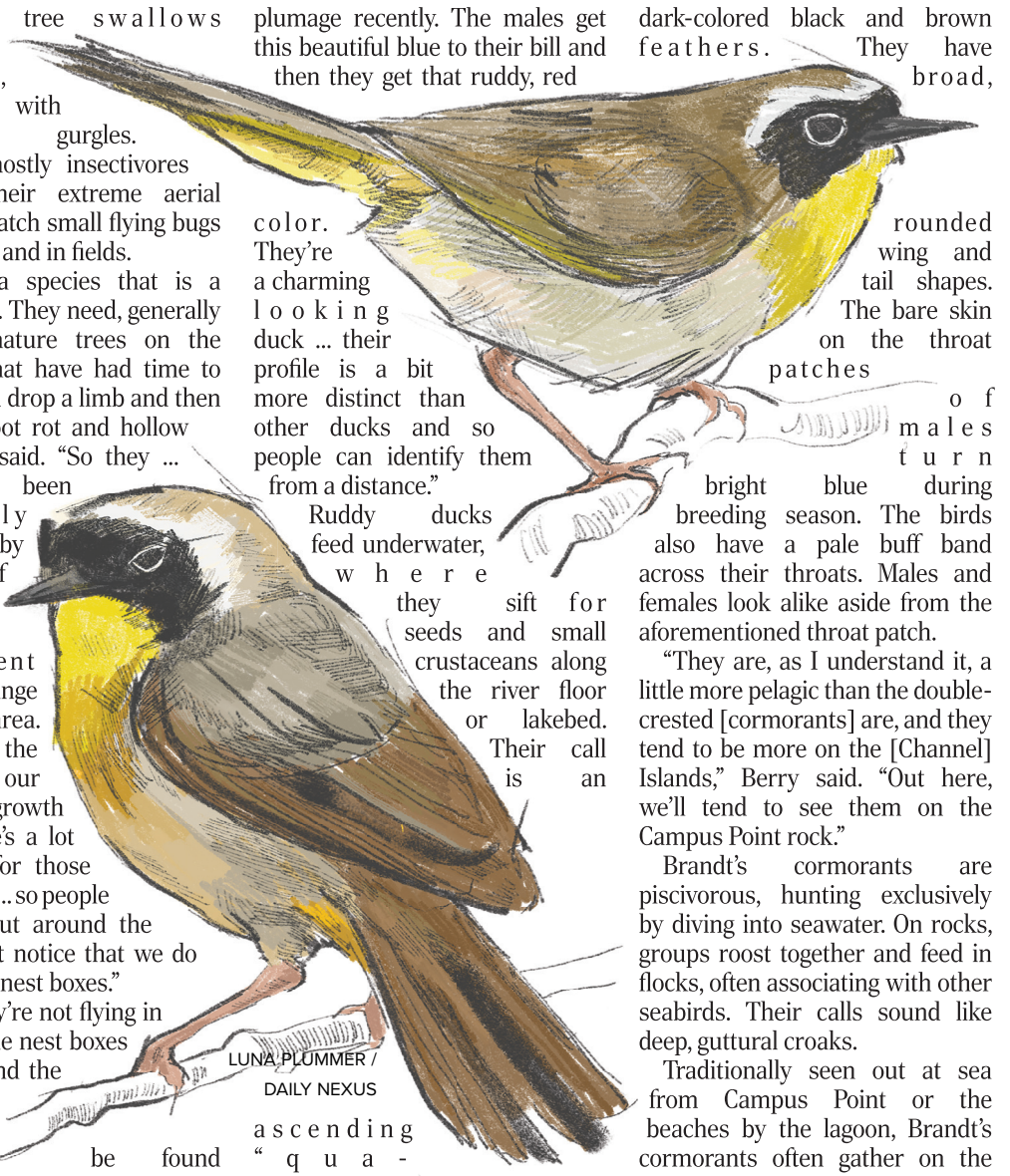
"Conservation efforts really went a huge way, and they rebounded," Renger said. "They're one of the most common birds around campus now."

Brown pelicans mostly fly over shallow water along the coastline but are sometimes seen further out at sea.

"They fly in these really cool V



SEETHA RAO / DAILY NEXUS



LUNA PLUMMER / DAILY NEXUS

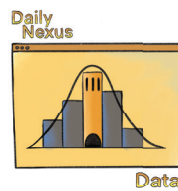


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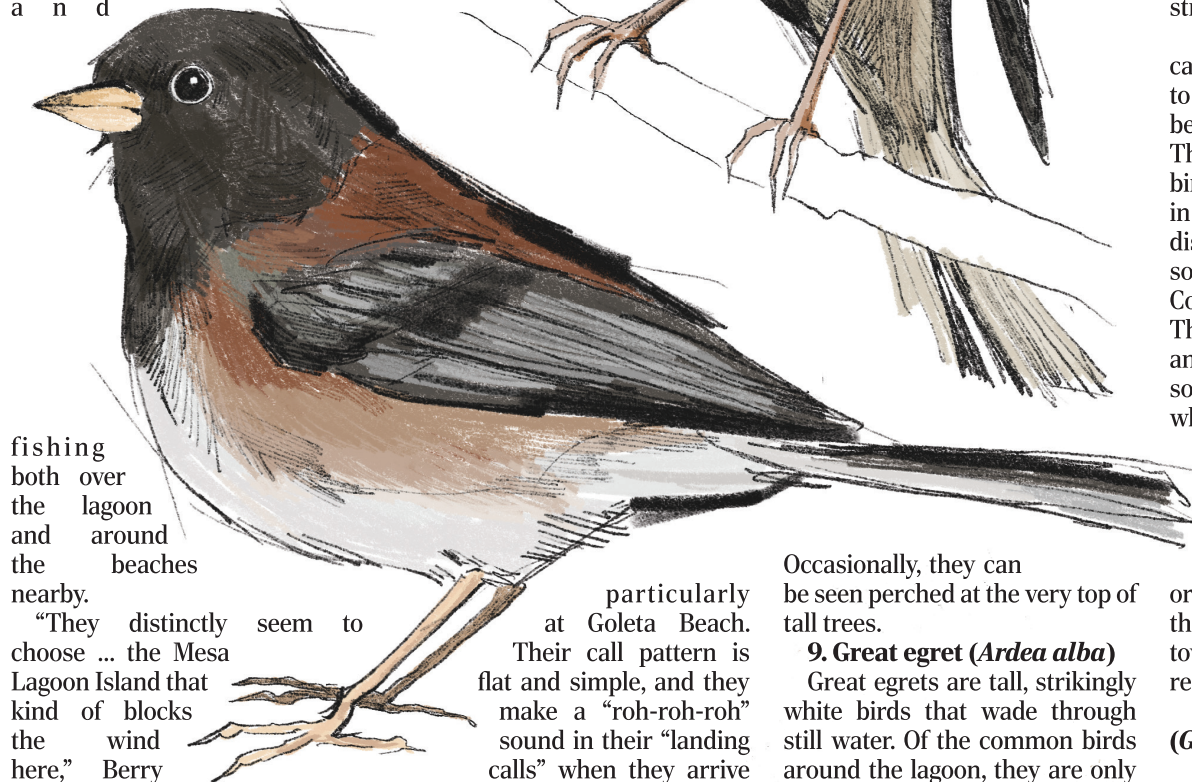
patterns,” Aispuro said. “They do that to save energy: the ones in the back are basically drafting, so there’s little resistance and then they swap around.”

Nesting colonies for brown pelicans can be found on the ground or cliffs of islands or in low trees. They hunt by diving from the air, sometimes up to 60 feet above the water, and plunge headfirst, surfacing with fish in their bills. They make a croaking noise that sounds like a hoarse “hrraa-hrraa” sound.

At the lagoon, brown pelicans will mostly be seen resting in small groups on the partially submerged dead trees and logs on the eastern side of the lagoon. They can also commonly be seen flying a n d

in aquatic environments, including marshes, swamps, shores and tideflats. They nest in trees and shrubs near bodies of water,

LUNA PLUMMER / DAILY NEXUS



fishing both over the lagoon and around the beaches nearby.

“They distinctly seem to choose ... the Mesa Lagoon Island that kind of blocks the wind here,” Berry said.

8. Great blue heron (*Ardea herodias*)

Great blue herons are large, long-legged wading birds with mostly grey plumage, a large orange-yellow bill and dark blue crown stripe on their whitish heads. Their heads often hunch back onto their shoulders, but while hunting, they extend their long necks to reach around four feet tall. They have a broad, pointed wing shape and a short tail.

“I feel like [they] are pretty iconic, I feel like [they’re] something that really wows people when they see [them],” Berry said.

Great blues reside mostly

particularly at Goleta Beach. Their call pattern is flat and simple, and they make a “roh-roh-roh” sound in their “landing calls” when they arrive at their nest.

As highly adaptable hunters, great blue herons typically seek out small-to-medium aquatic life in freshwater lakes and ponds, slow-moving rivers and coastal bays. In more inland areas, they can even hunt in fields for small mammals, amphibians and reptiles. They hunt during the day and night, mostly by standing still or walking very slowly in shallow water, waiting for prey that they strike with a rapid thrust of their bills. They also forage on shore, out of floating objects and in grasslands.

“One kind of interesting but gnarly fact is that they’ll catch the gophers, but they can’t always kill them, so they take them to a body

of water to drown and then eat them,” Aispuro said.

Great blue herons are found very commonly along the edge of the Campus Lagoon while hunting. They also often fly overhead between different hunting grounds and their roosts.

Occasionally, they can be seen perched at the very top of tall trees.

9. Great egret (*Ardea alba*)

Great egrets are tall, strikingly white birds that wade through still water. Of the common birds around the lagoon, they are only exceeded in size by the great blue heron. They are large and quite thin, with long necks, yellow bills and black legs.

“There’s a lot of ecological overlap between [great blue herons and great egrets],” McMahon said. “One cool thing about the egrets versus the herons – I don’t think I’ve ever seen a heron do this, maybe they’re just too big – but sometimes when you’re at the beach, you see the big rafts of kelp that are way off shore, and you can sometimes see egrets that are a half mile offshore standing on the kelp and they’ll be trying to grab fish out of the kelp.”

Great egrets usually hunt in open spaces, such as the edges

of lakes, marshes and shallow coastal lagoons and estuaries. To hunt, they stay extremely still while searching for fish, and then catch them with the thrust of their bill. They don’t, however, exclusively hunt fish.

“[It] isn’t just utilizing the water, but also utilizing the upland habitats as well and kind of taking advantage of all the lizards, gophers, mice that we have up here,” Berry said. “We’ll often get a lot of foraging egrets and great blue herons, just because it’s so open. It’s really obvious to see where gopher activity is, and so they’ll queue in on those gopher mounds or when they’re hunting or foraging for plants, and you’ll see them kind of stare at the ground and then strike and get one.”

While hunting, great egrets can be seen wiggling their necks to adjust their depth perception before they strike at their prey. They feed in flocks or with other birds. They nest near the water in trees or shrubs, in thickets a distance away from the water, sometimes in marshes and at Coal Oil Point Natural Reserve. Their call is a guttural croak and series of loud squawks that sound like “groak-groak-groak” when they’re in nesting colonies.

Great egrets are very commonly found hunting along the edges of the Campus Lagoon, especially in open areas like the floating dock or near the beach. Occasionally, they’re spotted flying overhead toward other aquatic areas in the region.

10. Common yellowthroat (*Geothlypis trichas*)

The common yellowthroat is a small warbler with a round body and a short tail. Males have a dull yellow-brown back and a bright yellow throat and belly with a white-lined black eye mask, while females have a dull brown back and wings with a plain yellow throat and belly. They are one of the most common songbirds at the lagoon.

“It sort of behaves a little bit more like a sparrow [than a warbler], and they can be found in similar habitats as a song sparrow,” Aispuro said. “They do really well along the lagoon, but you can also find them in some spots on campus where there’s been ... restoration of native plants.”

Yellowthroats feed almost

exclusively on insects that they find in the air or in the brush they forage. Their song is quick and melodic, usually described as a high-pitched “witchety-witchety-witchety.” It can be heard frequently, especially in the spring and summer.

“You’ll find them in a mix of habitats, but mainly denser, shrubbier habitats, particularly like the slope ... below Manzanita Village,” Berry said.

Yellowthroats are very fast-moving and skittish, and are often only seen in fleeting glimpses before they are gone. If the bird is male, it is more often heard than seen.

11. Osprey (*Pandion haliaetus*)

The osprey is a large raptor with long wings, large yellow eyes and a hooked bill. It has a mottled white-and-brown underside and a mostly dark brown upper side, as well as a dark mask around its large eyes that continues to its neck and back.

Unlike most regular residents and migratory species, ospreys are transient visitors that may appear year-round. “Ospreys are definitely not a super common bird anywhere, but they’re really cool to see,” Renger said.

Ospreys are almost exclusively fish-eaters. They soar over large bodies of water and catch their prey with talons before bringing them to a perch. Often, they will hold their prey while flying and take it to one of the many tall trees around, where they will sit and eat for extended periods.

“Their outer toe can rotate back and forth, and they have these barbed pads on their toes that help them grip onto fish so they don’t slip out,” Renger said.

Though they are not commonly seen at the lagoon, ospreys occasionally make use of the coast immediately off the lagoon. They can be found soaring high overhead before dropping down over the ocean or the slough to catch fish. Their call is a loud screeching series of “cheeps.”

“This is ... one of the species that’s a really good poster child for the importance of thinking about natural consequences of pesticides, because they were one of the species that was really badly harmed by DDT 50 some years ago,” McMahon said. “There were huge declines, and they’ve really rebounded a lot since then.”



ARTSWEEK



SHENGYU ZHANG / DAILY NEXUS



Extravaganza, which began in 1979, is an annual music festival held at UC Santa Barbara's Harder Stadium. The festival is free and open to all UCSB students.

EXTRAVAGANZA 2026 in photos

SHENGYU ZHANG / DAILY NEXUS



Headliner Dominic Fike took to the Harder Stadium stage to a roar of students. The artist played songs ranging across his nearly decade-long discography.

SHENGYU ZHANG / DAILY NEXUS



Performing hits like "FORGE" and "Tour de France," Earl Sweatshirt gave a more tame performance on the Extravaganza stage.



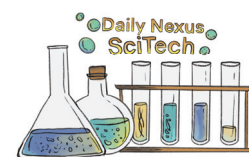
SHENGYU ZHANG / DAILY NEXUS

The energy throughout the crowd was electric and students could be heard rapping and singing along to JT.

SHENGYU ZHANG / DAILY NEXUS

Opener Jane Remover successfully warmed the crowd and set the tone for the music-filled afternoon.

SCIENCE & TECH



Soundscapes of Santa Barbara: How music interacts with pain



COURTESY OF SANTA BARBARA BOWL

Sophia DeMoe
Reporter

“One good thing about music, when it hits you, you feel no pain.”
- Bob Marley

Bob Marley, one of the greatest voices in reggae, voiced this in his 1973 song “Trenchtown Rock,” believing that music had the power to heal and connect. This sentiment has been expressed long before Marley hit the music scene, with studies proving ancient Egypt, Greece, and China all used music in rituals, medicine, and storytelling to alleviate pain and create community. Only recently have modern neuroscientists begun to understand the underlying mechanism.

Research shows that pain begins in specialized nerve endings called nociceptors when the brain predicts potential harm. These receptors then send

signals up the spinal cord to the brainstem, where the signals are relayed to higher brain regions for interpretation. Pain incorporates perception, meaning the brain actively evaluates context, such as mood, environment, or prior experience to determine pain’s intensity.

This is where music comes in. The regions of the brain that process pain overlap with the areas of the brain that process music, particularly those involved in emotion, memory and reward. In a 2014 neuroimaging study published in “The Journal of Pain,” participants were exposed to a painful stimulus while listening to music or without music. Due to music activating regions associated with emotional processing, reward and pain modulation, those who listened to music reported significantly less pain than those who did not listen

to music. Similar studies have proved that this is also true outside of clinical settings for reducing the symptoms of chronic illness, anxiety, and depression, disorders which have reached an all-time high among college students.

From wearing headphones around campus to blasting speakers on the beach, at UC Santa Barbara, music is a major part of many people’s everyday lives. We use music to study, relax and set the mood.

Deniz Black, a first-year Communications major, describes how “My roommates and I always play music getting ready because it gets us pumped up for a night out.” For many Gauchos, a night out watching live musicians perform at local band shows is the ideal evening in Isla Vista.

Live music plays an important role in the UCSB community. Woodstock’s Pizza hosts live

music events on Wednesdays and Sundays, and Instagram accounts like @soundsofv post local band shows nearly every night.

In the same way that recorded music can decrease people’s perception of pain, live music can amplify these effects through increased activity in the amygdala. Loud bass, vocals and changing sensory input require the brain to be constantly engaged, intensifying the interactions between reward, attention, and emotional centers that also interact with pain perception.

For Elliott Garneau, a first-year Political Science major and the guitarist for The Grapes of Wrath, music serves as a destressor for him and the larger community of local musicians in Isla Vista.

“Everyone comes out to the band shows. When I play guitar, I feel like I don’t have to think about anything that stresses me

out, I just think of playing music,” Garneau said.

Garneau’s statement is a textbook example of a “social buffer,” the phenomenon where social connection reduces anxiety and the downstream perception of pain and stress. The social environment intrinsic to IV’s music scene chemically increases music’s healing power, turning something as simple as backyard music into communal burnout recovery.

The IV. music scene serves as a neurological shield against the stress and anxiety of everyday student life. Whether we gather in a Del Playa backyard or put our headphones in after a long day, the benefits are obvious. By flooding our reward center with dopamine from music, we can drown out the noise of midterms, finals, and future obligations. Here, the science is clear: When the music hits, we feel no pain.

NeuroNews: Breaking down hormones with the Jacobs Lab



COURTESY OF EMILY JACOBS LAB

Chase Stevens-Scanlan
Reporter

If you experience periods, you probably know a thing or two about hormones and the endocrine system. You may not have known, however, that the brain is an endocrine organ! That’s right, the hormonal fluctuations you experience over the course of your life not only influence your body but also heavily influence your brain. I got to chat about these nuances with Elle Murata, doctoral candidate in Neuroscience and Hannah Grotzinger, doctoral candidate in Psychological and Brain Sciences in UC Santa Barbara’s Jacobs Lab, who study sex hormones’ effect on the brain. Pay attention, because their insights into women’s neurological and endocrine health are relevant for just about everyone with a uterus.

Murata’s take on birth control and the brain

According to the Centers for Disease Control and Prevention (CDC), about 52% of college-aged women are using some form of contraceptive. When you unravel that long “side effects” pamphlet, do you read the fine print in the

corner that talks about neurology? Does your doctor talk to you about it? She might not, just because the research is so new.

What we do know, according to Murata, is that depression, anxiety and other mood disorders are a risk for some people going on birth control. That’s not to say that it can’t be an incredibly powerful tool for others, especially those with Polycystic ovary syndrome (PCOS). The trick is to bring into conversation all of the potential side effects of a hormonal medication when deciding if it’s right for you. That includes the brain, not just weight gain and spotting.

Grotzinger on brain power and the menstrual cycle

If you’re on wellness TikTok, you’ve probably heard an influencer talk about feeling unproductive during her luteal phase, or checking everything off her to-do list in the follicular phase. On the cusp of receiving her doctorate in brain sciences, I asked Grotzinger to give it to me straight – how much of this online rhetoric has real merit to it?

She told me that while hormones definitely impact women’s physical health in a cyclical way throughout

the month – affecting things like energy, appetite, headaches and more – we need to be really careful when making blanket statements about cognition in the context of the menstrual cycle.

“It’s really important to understand what these changes are and what’s happening because women do experience fluctuations in processing. We know this. We know that sex hormones can impact the brain,” Grotzinger said. “It’s important to understand if there are consequences of that. But I think it’s also fair to say women are functioning great all the time, whether or not there’s a small difference from day to day.

My biggest fear is that people will take this and say, ‘Oh, maybe cognition is linked to different abilities at different times of the cycle.’”

What we don’t want is for neurologic changes during the menstrual cycle to be interpreted as decreases in women’s cognition or productivity over the course of the month. So, give yourself grace during the days in your cycle when your energy is low or your head is pounding, but know that these changes can’t be extrapolated to

diminish women’s intelligence or performance.

Advocating for yourself in healthcare

For Murata, endocrine health is personal. Not only is she about to wrap up her dissertation on PCOS-related structural changes in the brain, but she also gave a TEDx Talk on her own experiences navigating healthcare as a woman with PCOS. The hormonal and metabolic disorder is associated with elevated androgen levels and insulin resistance, resulting in a wide range of painful and frustrating symptoms. Many women aren’t diagnosed until years after their symptoms begin.

Murata informed me that many endocrine disorders are lifelong chronic conditions that need to be comprehensively approached. Diagnosis is the first important step, then it might be figuring out if birth control is right for your personal experience with the disorder.

“In terms of advocating for yourself, you know your body the best. It’s really hard when you’re in the doctor’s environment. As someone who literally does this research, I still am intimidated when I’m talking about the

endocrine system with my doctor. But you don’t need to be an endocrinologist to know your body.”

What does Murata wish the public understood about the brain?

“I feel like a lot of women’s health in general has been ignored, but it’s really been ignored in the context of the brain. Often in neuroscience, we think of the brain as this isolated thing, but it’s integrated with the whole body. Thinking of that in terms of hormones, hormones can impact every cell in the body if there’s a receptor for them and there are tons in the brain.”

What does Grotzinger wish the public understood about the brain?

“The brain doesn’t exist in a vacuum. I spent so many years in college and after college just thinking of the brain as this one entity and studying one process that’s happening in it. But coming to this lab, you realize you can’t just think of the brain in a vacuum because hormones are circulating throughout your entire body. They have receptors all over, including in the brain, and they exert action there! So when I first joined the lab, I thought, ‘Oh my gosh, I can’t believe I hadn’t been considering the entire endocrine system.’”



NEXUSTENTIALISM

It's Satire, Stupid.



MADELINE BRYCE / DAILY NEXUS

Dominic Fike plays iconic 'Euphoria' song at Extravaganza

Mikaela St. James
Euphoric

Last weekend, Extravaganza headliner Dominic Fike shocked the audience by doing a surprise performance of his original song from "Euphoria" season two during his set.

When the Associated Students Program Board (ASPB) announced that Fike would be playing at Extravaganza, students were excited and thought that he would be performing hits from his own

albums. So, when Fike abruptly stopped everything to grab an acoustic guitar from backstage, everyone was thinking he would debut a new song.

"I'm a huge fan. I've gone to his concerts before so this was totally unexpected. I was excited to hear a new tune," first-year music composition major Nathaniel James said. "When he started singing, I was immediately disappointed. This song is terrible and such a shitstain on his discography."

Students had a great time

and were attentive during this performance. All the singing and dancing stopped as Fike sang.

"It was an instant crowd killer. I thought that ASPB finally got a good headliner for my last year, but of course they didn't. This was lame," Julie Valentine, a fourth-year communication major expressed.

When Fike first performed this song in the season two finale of "Euphoria," it was an immediate classic. Many fans raved about its length and purpose in the show, and

years later it continues to be considered one of the most iconic parts of the season.

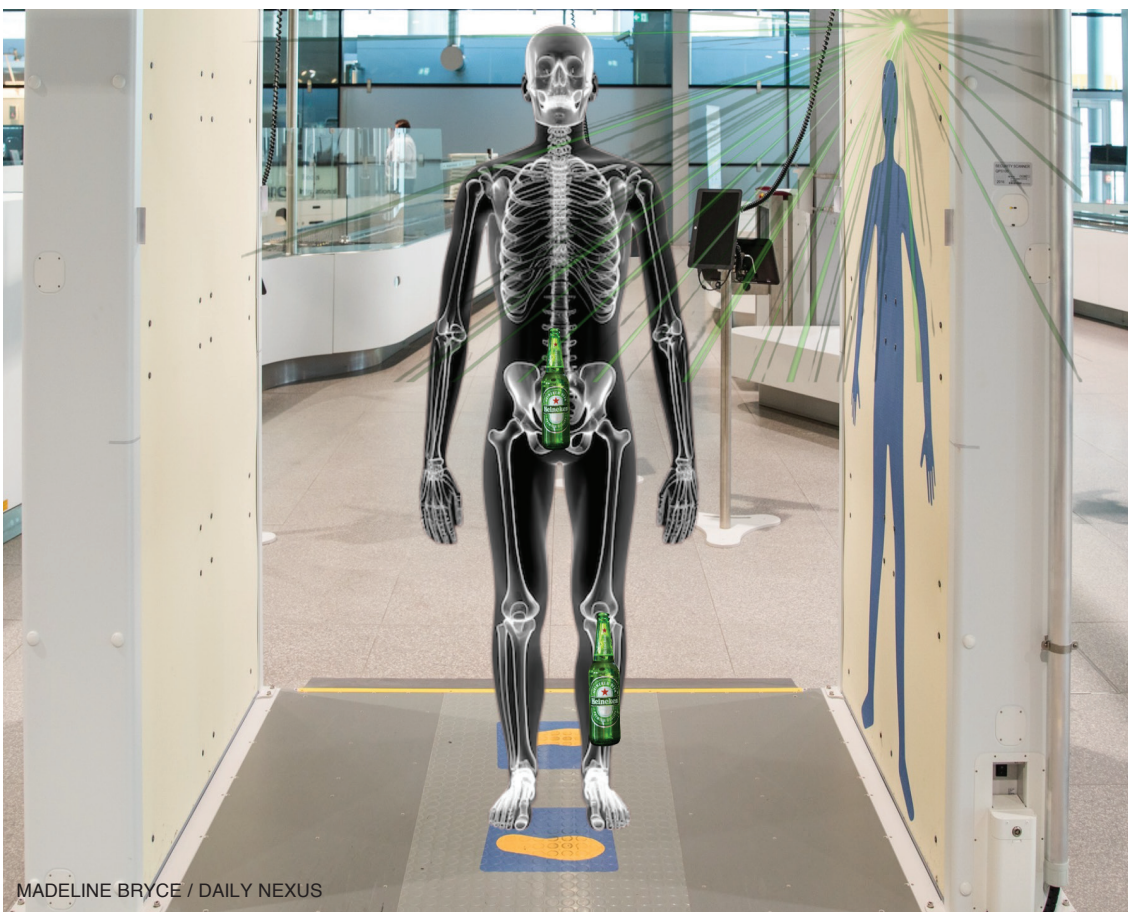
Third-year biochemistry major Ruby Gomez added onto this praise saying, "I thought I would never have to hear that fuckass song ever again after sitting through it for FIVE minutes while watching "Euphoria." That song was pointless in the show and there was no reason for him to play an hour-long extended version of it at Extravaganza!"

By the end, students were so

tired from the excitement and enjoyment of Fike's performance that they were taking light naps at the barricade. When he finished the song, the audience was yelling phrases of praise like "Thank God, it's finally over," and "That song was ass!"

There were many highlights at this year's Extravaganza, but Dominic Fike's surprise performance is one for the ages!

Mikaela St. James always skips Dominic Fike's song on "Euphoria" rewatches.



MADELINE BRYCE / DAILY NEXUS

ASPB implements X-ray technology at Extravaganza to prevent booze smuggling

High Value Female
Hungry

In the past, Extravaganza has been the stomping ground of unruly underaged students looking to get wasted with their buddies. This year, the Associated Students Program Board had enough and implemented advanced security measures to prevent alcohol consumption.

These measures began in front of the entrance to Harder Stadium. Students were required to undergo Transportation Security Administration (TSA) metal detector scans in order to line up for entry. Students who were caught with alcohol at this stage were seen placed in shackles by Community Service Officers (CSOs). First-year history major Jennifer Wang was among them.

"I thought I could get away with the shooter-in-the-boot trick, but the metal cap on my New Am gave it away," Wang

said.

Wang is currently being held in a maximum security prison in Carpinteria.

"This is so unfair. All my friends got through the metal detector because they only drink warm vodka out of old plastic water bottles," Wang said.

Beyond this initial measure, students were then subjected to random strip searches and anal probes. A shocking number of students were found to be hiding alcohol up their rectum.

"I shoved an entire Don Julio bottle up there. I was proud of myself, but I guess I was walking funny cause I got randomly searched and they found it," Jeremy Spencer, a second-year physics major who is also being held in a maximum security correctional facility, explained.

The final screening was a mandatory X-ray for all seeking entry to Extravaganza. While most of the bad apples had been rooted out at this point, certain

students were still caught with alcohol in some pretty unexpected places.

"You know, I thought I was so smart asking my surgeon to implant a Tito's bottle in my chest during my rib surgery," Abigail McConnell, a third-year biology major, remarked. She explained that at last year's Extravaganza, she had been caught with liquor in her purse, so she knew she had to be bold if she wanted to sneak it in this year.

"It just sucks because now they are saying I'm gonna be hanged, drawn and quartered for trying to trick A.S. Program Board (ASPB) and the CSOs. Worst Extravaganza ever!" McConnell said.

In the end, only 5% of the students who lined up actually got in. Thank you ASPB for ending underage drinking!

High Value Female hopes you enjoyed Extravaganza.

JULIET BECKER / DAILY NEXUS

YANG



The story behind the legend. Coming to TUBI soon.

"Yang": Chancellor Yang biopic in production

Hugh Janus
Yangophile

UC Santa Barbara recently announced that a biopic on former chancellor, Henry T. Yang, has begun production.

News of the biopic, titled "Yang," came about almost a year after Yang stepped down from his role as UCSB's chancellor after a historic 31 years in the position.

The film is set to focus on major points in Yang's life, such as him getting his driver's license, immigrating to America, earning his doctorate, that one thing that allegedly happened, becoming chancellor, the other thing that allegedly happened (again), his freehand ascent of Storke Tower and his overall profound impact on UCSB.

Students had mixed reactions regarding the announcement.

"When I heard a movie about Yang was in development, I thought it was going to be a 'Fast & Furious' spin-off. I was hyped," fourth-year economics major Daniel McCullen said. "After finding out it's just a biopic, I couldn't give less of a shit."

Other students, like first-year biology major Rebecca Drivel, expressed confusion at the news.

"Who the hell is Chancellor Yang?" Drivel told the Nexus.

The school has even begun selling "Yang" merchandise at the University Center and the Arbor to build hype for the film's release.

"I walked inside the Arbor to steal an energy drink, and I saw them selling Chancellor Yang merchandise near the registers," third-year communication major Jason Stekkis said. "There were stress balls of his head, a rolling tray with his face on it, Yang-themed clothing, a calendar and even a life-sized Yang body pillow. What the fuck?"

While no news has come out as to who is starring as Yang, Alec Baldwin is rumored to be cast as current Chancellor Dennis Assanis.

"Yang" is set to premiere on Tubi and have a limited theatrical release at Isla Vista Theater in late 2028.

Hugh Janus will be bringing a Yang body pillow to the midnight showing of the film.

ON THE MENU



The drink of the summer: Coconut cloud matcha



FRANCESCA GASPARINI / DAILY NEXUS

Coco strawberry blush from Seoulmate Kitchen.



FRANCESCA GASPARINI / DAILY NEXUS

My first ever coconut cloud matcha.



FRANCESCA GASPARINI / DAILY NEXUS

One of my favorite spots back home: Q Specialty Coffee.

Francesca Gasparini On The Menu Assistant Editor

As a matcha enthusiast I am always craving a good latte — whether I'm looking for a dose of caffeine to get me through my workload or simply a fun afternoon treat to brighten up my day. Yet, as summer approaches, sometimes a traditional milky latte is too heavy. That's why matcha lovers have gotten creative and popularized the new drink of the summer: the coconut cloud matcha.

This beverage features a base of coconut water with matcha and some type of cream top. This way you still get the indulgent

creaminess of a latte balanced by the refreshing lightness of coconut water. As a full-time California resident I have come to adore the refreshing taste of a crisp, cold coconut water on a warm summer's day and the marriage of my two favorite things — matcha and coconut water — has truly become a recent obsession of mine.

A coconut cloud matcha offers what most summertime refreshments cannot: the perfect balance between an energizing pick-me-up and something you actually want to sip on in the summer heat. The coconut water gives the drink a light, fresh taste while also adding a subtle natural sweetness that

allows the true matcha flavor to shine through instead of getting buried under milk.

This past weekend I visited Seoulmate Kitchen in Santa Barbara Public Market, a favorite spot amongst the local matcha-loving community, to try their coco strawberry blush — matcha cloud served over coconut water and fresh house-made strawberry puree. While I have been a long-time customer of Seoulmate Kitchen, their indulgent drinks often feel more like a dessert that leaves me feeling full and lethargic like many gourmet matcha lattes.

This coco strawberry blush does not present the same aftereffects. With a generous

amount of matcha cloud and strawberry puree, this beverage has a deliciously fresh berry taste while still delivering a strong matcha flavor. The combination of earthy matcha and tropical coconut creates a flavor profile that feels uniquely summery. When thoroughly mixed, the coconut water and strawberries give it a perfect sweetness level for a yummy afternoon treat.

The recent surge in popularity of coconut-water-based drinks on social media is beginning to inspire the summer menus of many cafes both in and outside of the Santa Barbara area. Unlike many trendy cafe drinks that prioritize presentation

over flavor, the coconut matcha cloud offers both aesthetic presentation and delicious flavor. I am excited to see what the future holds for coconut cloud matchas as more cafes experiment with seasonal flavors, fruit purees and different matcha blends. The drink offers a refreshing twist on a classic cafe staple. While traditional matcha lattes will always have their place in my heart, I am excited to transition to this new beverage for the incoming warm months.

For my fellow matcha lovers looking to switch up their usual orders, this drink may very well become the drink of the summer.

One-pan dumplings



SAHASRA HANUMIAHGARI / DAILY NEXUS

These dumplings are delicious, low mess, low effort and high protein. Give these a try!

Sahasra Hanumiahgari On The Menu Assistant Editor

I love cooking, like I really love cooking. You know what I don't love? The mountain of dishes that seems to follow after every meal I make. I mean, it's ridiculous! A "simple" meal easily turns into a huge chunk of my evening once you factor in prep and clean up time. Maybe it's me, maybe I just need to learn how to clean more efficiently, but I think this is a sentiment many would agree with. It's almost enough to make me never want to step foot in a kitchen again — almost, not quite.

However, I think I found a delicious and easy solution to my kitchen troubles. Or, that is to say, my Instagram Reels

algorithm showed me a new one-pan recipe that I absolutely had to try. I present to you: one-pan dumplings.

One-pan dumplings

Yield: 2 servings
Duration: 30 minutes

Ingredients:

- Rice paper
- 1 pound ground meat (I used chicken)
- 1 tablespoon garlic powder
- Salt to taste
- ½ tablespoon pepper
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- ¼ cup oil
- ½ cup water (more or less as you prefer)
- Green onion

Instructions:

1. Mix together the ground chicken and seasonings mentioned above.
2. Cut your rice paper into fourths and soak in warm water until softened—usually around 10-15 seconds.
3. Place scoops of filling onto a hot pan and arrange the rice paper on top so that the filling is covered (I used two layers of rice paper for each dumpling).
4. Once the whole pan is prepared, pour some water into the pan, cover and steam until cooked all the way through (around 8 minutes).
5. Garnish with a serving of chili oil and enjoy!

A pro tip I have is take a little bit of the filling and cook it to make sure the seasonings are to your taste before you commit to the whole pan. I'm sure this goes without saying, but this recipe is super easy to customize and have fun with. I like to add chopped green chilies and chili powder to pack a little extra spice.

I love dumplings; they're easily a top 10 food in my book. I never dared to make them myself because when I think of homemade dumplings, I think of a labor-intensive process requiring careful pleating and effort. While there is something to be said about the traditional authentic way of making dumplings, I'm a college student low on time and energy looking

for a quick and easy bite after a long day, and this absolutely hits every spot I could ask for.

For the low, low price of 30 minutes and a maximum of three dishes to clean, you too will be left with a warm, filling meal that you'll be addicted to eating for the next few days (trust me on that). Which leads me to yet another reason you need to try this recipe: It's perfect for meal prep! Just leave any leftover filling in the fridge and redo the cooking process whenever you're craving a warm low-effort meal.

These dumplings are delicious, low-mess, low-effort and high-protein. What else are you waiting for, go give these a try!



LA VISTA



¿Pero sí va a haber mundial ... ? Un agradecimiento a los 'fifas' promotores

Janise Louise Fernandez
Escritora para La Vista

Sin importar a qué red social le otorgues la mayor parte de tu tiempo, existe la notoria tendencia de que se avecina un evento que marcará un parteaguas en la nación y mundo del entretenimiento deportivo: un acontecimiento con antecedentes en México en 1970 y 1986, respectivamente.

Aunque el vernáculo popular se enfoca más en la clientela que se espera en los Oxxos y de qué país provendrá, es momento de reconocer el triunfo que esperamos los mexicanos y una economía que en meses pasados ha sufrido fuertes golpes.

Sin embargo, su existencia y éxito siguen siendo acechados por factores externos que merecen contemplación...

La Copa Mundial de la FIFA 2026, que por primera vez será llevada a cabo en tres países organizadores, llegará a México a partir del 11 de junio formando su debut en el Estadio Azteca en la Ciudad de México, siguiendo su transcurso en las ciudades clave de Guadalajara y Monterrey.

Expertos aseguran que este evento podría sumarle entre 0.42 y 0.62 puntos (porcentuales) al Producto Interno Bruto (PIB) mexicano a través de inversiones, consumo y sobre todo el turismo (altamente lucrativo para emprendedores de todos los niveles).

Además, se le atribuye el aporte de un crecimiento de 1,8% en la economía.

Uno de sus efectos patentes será observado a través del desarrollo en infraestructura y mejoras urbanas en las respectivas áreas locales de las ciudades con partidos (remodelaciones de estadios, terminales aeroportuarias, agilizaciones de transporte, entre otros).

Asimismo, se espera que el turismo impulse eventos secundarios con un derrame monetario (eventos, actividades

recreativas y consumo en locales).

Aunque son precisamente estas actividades mencionadas que suelen apuntar a índices de inflación, se espera que esta sea transitoria y afecte a solo ciertos productos alimenticios, restaurantes y tarifas hoteleras.

Nueva Generación (la captura de su líder y muerte) a lo largo de la nación ya están más que frías, al igual que otras amenazas de dudosa procedencia que aterraban a la población, continúa siendo imposible decir que la imagen internacional del país no se está viendo afectada.

y distintas organizaciones restringiendo todo tipo de viaje a México).

De la misma manera, la preocupación extranjera se vio dilatada tras la autorización por parte del Senado mexicano del recibimiento militares estadounidenses (35 elementos

y tranquilizar a los turistas con planes de ver la copa en presencial, pero ha sido motivo de discusión y puede reconocerse que podría generar un efecto contrario (confirmando al mundo exterior que existe incertidumbre sobre la seguridad en el país) y minimizando la autosuficiencia y la destreza del gobierno mexicano para combatir este mal.

Algo que fue comprobado por noticias más recientes y la falta de protección en atractivos turísticos como las pirámides de Teotihuacán.

La colaboración y compromiso del gobierno mexicano son imperativos para ejecutar este evento que, fuera de satisfacer las demandas de los fanáticos, será altamente benéfico para la república que para antes del 2020, fue reconocida como el segundo país emergente con mayor dependencia del turismo.

Son precisamente actividades que se derivan de este que aportan a un 17 por ciento del PIB y un 13 por ciento a la creación de empleos formales.

Un evento de tal magnitud brinda el potencial de no solo promover flujos turísticos a futuro, sino de desarrollar la economía del entretenimiento en tierras nacionales.

La existencia y agilización de estos eventos son el resultado de la gran afición que se vive en la nación y a nivel internacional.

El apoyo de los seguidores del deporte es una fuerza poderosa para poder facilitar economías decadentes y dependientes del turismo al proveer incentivos económicos, restablecer la imagen de la región y ser un momento decisivo en torno al futuro del turismo y la percepción extranjera del país.

Sin embargo, es fundamental que las organizaciones responsables no omitan ningún paso en la verificación de seguridad y se comprometan a tener protocolos en casos de emergencias y situaciones adversas.



CORTESÍA DE PUBLIC DOMAIN PICTURES

Los beneficios de la copa son claros, pero también lo son sus contrincantes en especial en los tiempos "pos-menchianos" que se viven en este momento.

Tomando en cuenta que las cadenas de WhatsApp circulando fotos y videos de las altercaciones a raíz de los sucesos con el Cártel Jalisco

La confianza internacional ahora depende más que nunca de los mecanismos de seguridad que tanto la administración de Sheinbaum como el organismo ejecutivo de estos partidos deben proveer (que se ven minimizados a través de las señales e indicaciones emitidas por gobiernos, universidades

de las fuerzas armadas).

Esta operación fue llevada a cabo con el objetivo de reforzar la coordinación y la capacitación de las unidades mexicanas ante posibles situaciones de riesgo durante el torneo de la FIFA en México.

La decisión fue aprobada con el fin de garantizar la seguridad

La importancia de alimentar nuestro cuerpo con amor

Ana Ramirez
Escritora para La Vista

Vivimos en un mundo donde muchas veces estamos tan ocupados que olvidamos cuidar una de las partes más importantes de nuestra vida: nuestro cuerpo.

Entre responsabilidades, estrés y rutinas aceleradas, es fácil comer lo primero que encontramos sin pensar en cómo esos alimentos afectan nuestra salud.

Con el tiempo he aprendido que la alimentación no se trata solo de quitar el hambre.

Se trata de darle a nuestro cuerpo los nutrientes y la energía que necesita para funcionar correctamente.

Lo que comemos influye en cómo nos sentimos física y emocionalmente.

Cuando alimentamos nuestro cuerpo con frutas, verduras, proteínas y suficiente agua,

tenemos más energía, más concentración y una mejor disposición para enfrentar el día.

También nos sentimos mejor con nosotros mismos porque sabemos que estamos cuidando nuestra salud.

La alimentación es una forma de amor propio.

Elegir alimentos que nutran nuestro cuerpo es una manera de decirnos que merecemos sentirnos bien.

No se trata de ser perfectos ni de seguir dietas estrictas, sino de encontrar un equilibrio y tomar decisiones más conscientes.

También es importante recordar que una buena alimentación no significa privarnos de las cosas que disfrutamos.

Significa aprender a escuchar a nuestro cuerpo y darle lo que necesita, sin culpa y con moderación.

A veces subestimamos el impacto de los pequeños

cambios.

Comer más frutas, tomar más agua o preparar una comida casera pueden parecer acciones sencillas, pero con el tiempo generan grandes beneficios.

Nuestro cuerpo nos acompaña todos los días. Nos permite estudiar, trabajar, soñar y alcanzar nuestras metas.

Por eso merece ser tratado con respeto, cuidado y gratitud. Al final, alimentarnos bien es una inversión en nuestra salud y en nuestro futuro.

Cuando cuidamos nuestro cuerpo, también fortalecemos nuestra mente y nuestro corazón.

Porque la salud comienza con las decisiones pequeñas que tomamos cada día.

Y elegir nutrinos bien es una de las formas más poderosas de amor propio.

No dejemos de alimentarnos bien porque así estaremos sanos y fuertes.

Aprender a confiar en uno mismo

Ana Ramirez
Escritora para La Vista

Durante mucho tiempo me ha costado confiar en mí misma.

Aunque sé que soy una persona inteligente y trabajadora, muchas veces he dudado de mi capacidad para alcanzar mis metas.

He permitido que el miedo y la inseguridad me hagan pensar que no soy lo suficientemente capaz.

Una de las razones por las que he dudado de mí misma es por no tener documentos en Estados Unidos.

En ocasiones pensé que eso podría limitar mis oportunidades y que sería más difícil lograr mis sueños.

Pero con el tiempo he comprendido algo muy importante: mi estatus migratorio no define quién soy ni determina el valor que tengo como persona.

Soy una joven con sueños, metas y un gran deseo de salir adelante.

He aprendido que lo más importante no es enfocarme en las limitaciones, sino en las fortalezas y talentos que Dios me ha dado.

Todos tenemos dones únicos y capacidades especiales que pueden ayudarnos a construir la vida que deseamos.

Confiar en uno mismo no significa no tener miedo o no sentir dudas.

Significa seguir adelante a pesar de ellas.

Significa creer que somos capaces, incluso cuando el camino parece difícil.

También significa reconocer nuestro valor y recordar que nuestras circunstancias no definen nuestro potencial.

A veces somos nosotros mismos quienes ponemos barreras en nuestra mente.

Pensamos que no podemos lograr algo antes siquiera de intentarlo.

Nos comparamos con los demás y olvidamos todo lo bueno que existe dentro de nosotros.

Sin embargo, cuando empezamos a creer en nuestras capacidades, descubrimos que somos mucho más fuertes e inteligentes de lo que imaginábamos.

Hoy quiero convertirme en una joven que confía más en su propio potencial.

Quiero dejar de dudar de mí misma y comenzar a creer en todo lo que soy capaz de lograr.

Sé que con esfuerzo, perseverancia y fe podré alcanzar las metas que tengo para mi vida.

Y a quienes estén leyendo esto, quiero decirles algo importante: no es tiempo de desconfiar de ustedes mismos.

Cada uno de nosotros tiene un don hermoso, talentos únicos y la capacidad de cumplir sus sueños.

No permitan que sus miedos o circunstancias les hagan olvidar el valor que tienen.

Confíen en ustedes. Crean en su potencial.

Y recuerden que muchas veces el primer paso para lograr algo grande es simplemente atreverse a creer que sí es posible.

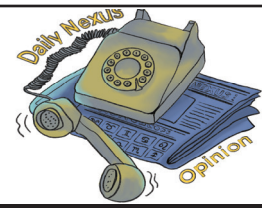


CORTESÍA DE MODERN HEART AND VASCULAR



CORTESÍA DE FLICKR

OPINION



You're closer to being an incel than you think

Claire Kim
Staff Writer
Dylan Hunter
Opinion Editor

12 years ago on May 23, 2014, Elliot Rodger, a 22-year-old Santa Barbara City College student, drove through the streets of Isla Vista with a plan. Having written and distributed his manifesto alongside a series of videos he uploaded to YouTube, Elliot enacted his "Day of Retribution": a premeditated act of revenge against the women who he felt had rejected him and the men who had the relationships and social status he felt entitled to.

Being in I.V., surrounded by the abundance of parties, couples and general social life that Rodger felt was unattainable pushed him over the edge. He stated that: "The Day of Retribution will take place in Isla Vista. On weekend nights, the streets of Isla Vista are always flooded with young couples and good-looking popular kids walking to their parties. What better place is there to exact my Retribution on my enemies?" His killings were meant to be a punishment, a statement against the culture of I.V. that he believed refused to allow him to participate. He deemed those who were able to participate in this culture "enemies," deserving of his planned attacks.

Rodger planned to begin his "Day of Retribution" by killing his roommates and their colleagues, who were coming back to their Capri Apartments on Seville Road after class. He then planned to attack the Alpha Phi sorority house on Embarcadero del Norte to seek revenge against women who he felt rejected him. Finally, he planned to attack the streets of I.V. during the night, killing as many groups of popular young people as he could before the cops stopped him. On the day of the attack, nobody answered the door to the sorority house, so he skipped that part of his plan and focused his attention on the people of I.V. He began terrorizing the streets, and by the end of the night, seven people were killed (including Rodger himself) and 14 were injured.

It would be easy to file that night away as something distant and unrepeatable, an act of a deranged stranger. But the story refuses to stay in the past. Today, Rodger's attack on I.V. feels increasingly relevant; the worldview that Rodger articulated hasn't disappeared, but has instead evolved into a digital language and online culture that is now resurfacing in plain sight, slipping into mainstream media, your feed and your vocabulary. His worldview has only become more popular, showing itself passively in a large part of contemporary internet culture.

Rodger was a self-proclaimed "incel," or involuntary celibate. Incel communities believe their inability to find a sexual partner is no fault of their own, instead attributing their celibacy to the will of society and women, in turn circulating hostile and violent views of women in their online spaces. These spaces act as isolated cesspools of misogyny, racism and other bigotry, founded from the deep masculine insecurity of its users. Rodger himself mentions the important part that these communities played in the formation of his ideology, as he stated: "The Spring of 2013 was also the time when I came across the website PUAHate.com. It is a forum full of men who are starved of sex, just like me. Many of them have their own theories of what women are attracted to, and many of them share my hatred of women."

The killings in I.V. sparked a bridge between these different incel communities, as he became a martyr for their

ideologies. He heralded as the "Supreme Gentleman," the man who followed through on his extremist hatred and committed violence against attractive men and women. His face and likeness became popular references among incels, and he was referenced directly in other misogynistic killings. This "incel movement" began to coalesce and eventually manifested itself into a more common subgenre of misogynistic pseudo-science, encapsulated in common memes and words that uninformed audiences frequently use.

Social media algorithms have evolved to promote "algorithmic radicalization," a process by which these platforms encourage its users to consume content that aligns with specific, often problematic narratives. These algorithms use feedback loops that promote emotional and controversial content by focusing on engagement such as likes, shares and comments. The consistent consumption of controversial content can lead to polarized narratives for the consumer, making them increasingly vulnerable to extremist views. In a more practical sense, social media algorithms work to find controversial, engaging content to keep its users hooked.

Through this system, incel ideology has repackaged itself into memes and buzzwords, finding its way to a large demographic of people who are not a part of these communities. Many of us already speak and understand its language and references. Words like "looksmaxxing," and "mog" stem from incel communities that believe in certain methods to maximize attractiveness. Other words like "chad" and "foid" originate in manosphere incel communities. It matters less to regular audiences as to where their words come from, so long as it signifies they have the screentime to understand.

These dangerous ideas survive not because the majority of people believe them, but because enough people are willing to recognize them, repeat them and treat them as harmless. Calling people "subhuman," women "animals," "foids," "beasts" and even "females" is part of a larger psychological process that allows people to overcome inhibitions and makes it possible to commit and justify acts of extreme violence, like Rodger's killings.

Dehumanization is the first step in this psychological process. It functions by stripping a group of its perceived humanity, excluding them from what psychologists call the moral community, or the group of individuals to whom moral consideration is owed. Once a group is framed as less than human, the moral inhibitions that normally prevent violence are weakened, allowing harm to be committed and justified more easily.

This mechanism is exemplified in the rhetoric of Rodger, who wrote: "On the Day of Retribution, the tables will indeed turn, I mused to myself. I will be a god, and they will all be animals that I can slaughter. They are animals ... They behave like animals, and I will slaughter them like the animals they are." The language he uses contributes to his worldview in which his violence feels justified. By repeatedly framing his targets as animals rather than people, Rodger removes them from moral consideration entirely.

We understand that language doesn't only describe reality, it also creates it. The way that an issue is framed directly affects how audiences interpret it and what solutions feel reasonable. When dehumanizing language is normalized, it desensitizes people and gradually makes unthinkable ideas feel acceptable. Treating this language as causal leads us to lose the ability to

see where the line is and when exactly it has been crossed.

In incel communities, this process is evident in the use of terms like "foid": a combination of the words "female" and "humanoid," implying that women are not fully human. The term is used to demean, degrade and dehumanize women, particularly those deemed unattractive. Its intent is disguised through slang and irony, which is how dogwhistles operate: they feed on plausible deniability. A dog whistle refers to language that carries a specific ideological meaning for those who are familiar with it, while remaining ambiguous or deniable to outsiders. Even when used jokingly or sarcastically, the language still reinforces an underlying dehumanizing structure. Even if you may not consciously endorse the ideology, by repeating the terms, you participate in its normalization, a process that many scholars call a "visual turn."

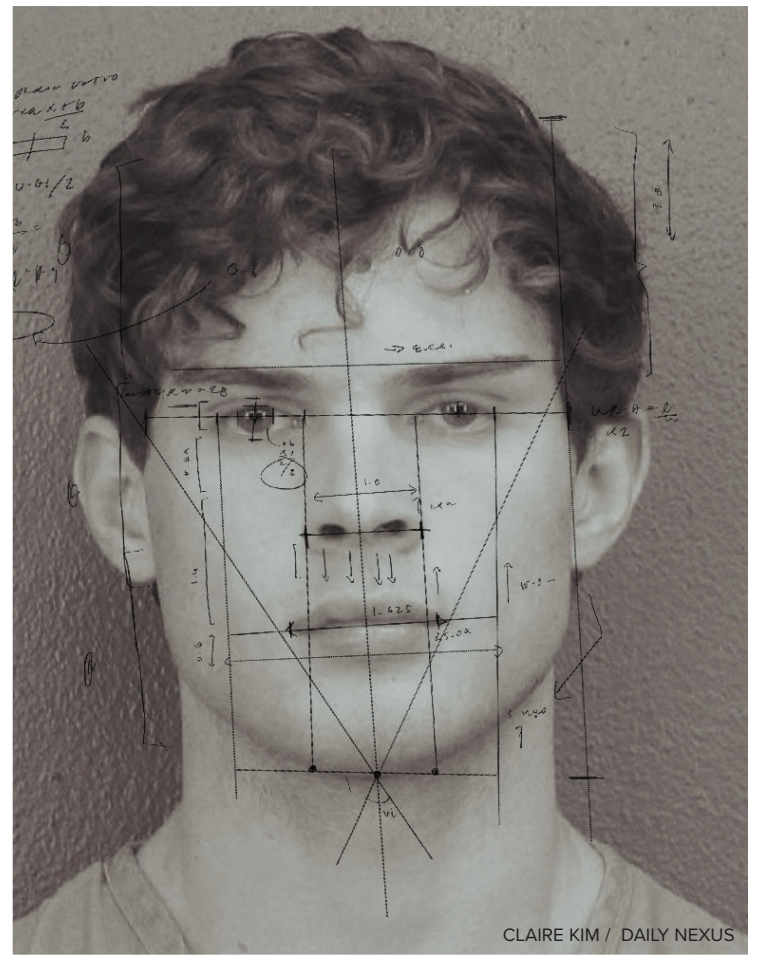
We cannot scoff at the absurdity of incel ideologies and send our thoughts and prayers to the victims while simultaneously circulating the thoughts and language that sustain them. Even if you use these words under the guise of satire or irony, you are still blowing that "dogwhistle," even when you yourself cannot hear it.

Believing you're exempt from incel radicalization underestimates its effectiveness. Effective radicalization often begins with an appeal to logic and presents you with premises that are difficult to deny. For example, physical attractiveness indeed influences how people are perceived and the opportunities they receive, whether that be socially, through dating or in terms of career. Studies on symmetry, grooming and health all come to the same conclusion: looks matter. This can be useful in explaining why incel culture and ideology in the form of "looksmaxxing" (an online movement based on maximizing one's physical appearance) has taken a chokehold on the mainstream.

Looksmaxxing presents itself as realism before extremism. That logic is paired with an appeal to emotion. For people who feel rejected and overlooked, the core idea behind "looksmaxxing" gives them hope: optimizing your looks serves as a clear and measurable path toward improvement in every aspect of life.

Looksmaxxing also happens to play into our psychological need for belonging, as explained through Polish social psychologist Henri Tajfel's social identity theory. Humans have a fundamental need to belong to a group, and with that comes the creation of in-groups and out-groups. We categorize both ourselves and others into groups that are often purely cognitive and based on arbitrary traits. In the case of looksmaxxing, this categorization is determined by where one falls on the PUAhate, Sluthate and Lookism (PSL) scale, which rates facial attractiveness. The process of social categorization encourages individuals to favor their in-group over the out-group. Ranking high on the scale or your in-group having status and success produces positive distinctiveness, in which one's group is perceived as superior, feeding directly into self-esteem.

However, ranking lower on the scale may lead to different coping strategies. One such strategy is individual mobility, where a person purposely tries to distance themselves from a low-status group. Translated to looksmaxxing, this means changing or altering one's physical appearance in order to climb up on the scale. However, when boundaries do not seem permeable, and individual mobility is not seen as an



CLAIRE KIM / DAILY NEXUS

effective option, individuals may turn to a different strategy known as social competition.

In Rodger's case, he began with trying to gain status and popularity through individual mobility; going to the mall and picking out a new wardrobe complete with Gucci sunglasses, a Versace shirt and working out in his home. He found no luck with this, stating: "I've been trying to join and be accepted among the beautiful, popular people all my life, but it was to no avail."

Instead, Rodger turned to social competition, a different coping strategy in which groups seek to improve their status by directly competing or attempting to dominate an out-group with higher status. Rodger wrote: "Every single time I've seen a guy walk around with his beautiful girlfriend, I've always wanted to kill them both in the most painful way possible. They deserve it. They must be punished. The males deserve to be punished for living a better and more pleasurable life than me, and the females deserve to be punished for giving that pleasurable life to those males instead of me." Rodger sought to redefine the hierarchy by asserting power through violence against those he blamed for his sexual and social rejection. His attacks were an attempt to win status through domination, punishing the out-group he believed had wronged him and overturning the social order he felt he had been excluded from.

The core idea throughout both Rodger's ideology and the looksmaxxing community is the same: that attractive people get love, respect, status and power. Looksmaxxing often begins in the same place Rodger did, with individual mobility. The promise is that by changing one's appearance, whether that be through grooming, fashion, fitness or cosmetic optimization, it is possible to cross the boundary, or "ascend," into a higher-status group. And just as Rodger's views paved the way for external violence, looksmaxxing has already led to internal violence. Within its communities, there are extreme and self-destructive practices that are often normalized in the pursuit of climbing the hierarchy. Prominent figures within the community, specifically Clavicular, encourage extremely harmful behavior. He publicly engages and endorses illicit drug use on stream (including ketamine and methamphetamine), causing him to overdose and seize in front of his audience. He also practices physical self-harm in a process called bonesmashing, or smashing hard objects repeatedly onto one's face to "build bone mass." Additionally, he encourages the use of non-regulated peptides, hormones and fat dissolvers (Aqualyx, Retatrutide, GHK-CU, Melanotan II, HGH testosterone) found through gray markets on the internet.

Looksmaxxing and certain parts of incel ideology have

this strange universal appeal because even if you reject incel ideology, parts of it still feel true. You're not radicalized because you're doing skincare, going to the gym or wanting to improve your looks. You are not radicalized because you acknowledge that attractiveness plays a role in how people are treated.

You begin to become radicalized, however, when self-improvement becomes a matter of quantifying attraction, sorting people into rigid categories and reducing people deemed unattractive as biological categories and rankings: subhuman, low tier, mid tier and high tier. These labels act as an easily understandable and objective framework for navigating the nuanced and subjective concept of attraction. And it becomes easy to see the world through this lens.

Although looksmaxxing claims to pursue objective truth, it collapses under the same logic. Although it starts with truth, it's illogical to believe that attraction can be reduced to a scale, and that maximizing the potential of your looks is the answer to everything that you are lacking. Even within looksmaxxing spaces, ratings are inherently subjective, shaped by personal insecurity, individual preferences and biases. People frequently disagree on where someone falls on the PSL scale, with some ranking others lower as a way of coping with their own perceived status. And beyond looksmaxxing spaces, most people would reject such rankings altogether. At that point, self-improvement becomes about who deserves respect and dignity and who does not.

The shift here marks where a personal desire to improve becomes tangled with a worldview that sorts people into hierarchies and treats those at the bottom as subhuman.

Incel slang and culture are not harmless internet humor. Incel slang is a communication system that builds identity through in-groups and out-groups, normalizes dehumanization, violence and self-harm; it, in turn, makes extremist worldviews easier to adopt and violence easier to justify. This pattern relies on people who repeat and excuse it without recognizing that they are active participants in its circulation.

Pushing back against this requires resisting anti-intellectualism and the fear of being "that one friend that's too woke." It requires being critical of the media we choose to consume and repeat. And it also requires understanding that our language matters because it influences what we see as acceptable and what we see as worth caring about. The easiest way to stop radicalization is to refuse to give it a language that offers it laughter and a place to hide.

Claire Kim and Dylan Hunter will stop calling each other chuds now.

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COLUMNISTS

sex and the community



JULIET BECKER / DAILY NEXUS

Diana Paradise
Sexpert

Sex tapes, nudes, cybersex — all things in which many of us have engaged, or at least been asked to. Maybe you're in a long-term relationship and you miss each other. Maybe you realized your porn habits are unethical and you'd rather look at something real. Maybe your situation is actually incredible at giving head and you want a memento of the experience.

As diligent digital natives, I'm sure everyone our age has been lectured about the safety of filming, photographing and texting about sex. Are sex tapes still taboo or are we trusting enough of one another to film our most intimate moments?

Woodstock's, Wednesday night

I met my close girlfriend, Pollyanna, over a pitcher of IPA the other night. She recently got out of a serious relationship and, of course, the inevitable happened: a long and hearty gossip session about ex-boyfriends and their sexual pitfalls, new escapades and sex tapes.

I asked her if she'd ever made one and she gave me an apprehensive look, as if I were her strict mother. We've known each other since we were 14 and she clearly had some hesitancy about admitting that she had

Sexy or blackmail bait? *Isla Vistans on: Sex tapes*

filmed one to me, first asking, "Have you?"

Once she finally fessed up, she said:

"I made one. Although it was fun in the moment, looking back on it I regret it because I don't like the thought of someone having a video of me like that."

Dargan's, Thursday night

I was painfully sober and gripping the hand of one of my best friends, Grace, in the packed-as-always Dargan's. I was giving my usual sermon about a serious deficit of hot guys while weaving through sweaty drunkards and having Guinness spilled down my back. My \$20 go-go boots were giving me hell and the 30-minute wait to get in put me in a terrible mood.

My night was only saved by the ego boost I received from getting recognized for my satiric prowess, ironically, for the second time in Dargan's. Some guy grabbed my arm and said, "Hey, you're the sarcastic girl." Yes, yes I am.

I spotted my male correspondent for this column, Hunter, sitting on a stool.

"This place sucks," I said.

"Tell me about it."

"Have you ever filmed a sex tape?"

Hunter has a somewhat elusive, yet presumably existent sex life.

"Yes, I have.

But it's kinda useless. Just have sex with them.

If you're sitting there gooning to it, you're weird. If you break up, now it's just blackmail."

Validation Ale, Friday afternoon

Four drinks and zero meals into my Friday, I leaned over a bartop and probably talked about my ex-sneaky link's curved-to-the-right dick way too loudly while children ran around my feet. My audience was my friend, Molly, with whom I had not drank with in around six months; we most definitely made up for lost time.

I made eye contact with the wisest woman I know, Daria, while she walked by the bar. Similar in sexual experiences to me, Daria is a couple of years my senior, a genius and my utmost mentor and inspiration. She and her friend, Kendall, were engaging in similar Funk Zone day-drinking fare.

In the name of research, I of course asked about their sex tape world view.

"You can't trust someone like that — what if it's distributed? If I want to be a government official, I can't have that out there. No one benefits from sex tapes except for Kim K."

LoDo Studios, Friday night

In a very "Sex and the City"-esque fashion, I shepherded Molly into her boyfriend's car and took off to meet my partner in insanity, Sarah, at the Fashion Club's fashion show. Sarah and I share similar interests: democracy, drinking to the point of passing out and older men.

We watched the — frankly, unoriginal — looks and applauded. I felt like the micro-celebrity that I aspire to be. After the 15th low-rise pants and distressed top look walked by, I leaned over and whispered, "What do you think about sex tapes?"

I didn't even need to ask if she's made one.

"They're sexy. You can be your own porn director and star. You can make what you like to watch on the screen more personal and intimate for yourself."

Library smoking pits, Monday morning

So, what does Diana Paradise have to say about this?

The most important meal of the day: scalding black coffee (as bitter as you can get it) and a Marlboro Red. Open laptop. Sex tapes on the mind. It seems that they might be going out of style. Revenge porn is clearly a concern of the Isla Vista community.

In my opinion, the problem with sex tapes isn't the danger of them. It's that they're fundamentally unsexy. They're always filmed at a precarious angle, you feel like you have to perform or act in some way that you wouldn't if you weren't being filmed and they're usually made at a point in the relationship where you're bored of the sex and want to try something new. The most passionate sex someone has ever had has never been on camera.

When I'm married, I'll make a tasteful and artistic tape to watch when I'm old and wrinkly. For now, they're not worth the angst.

Diana Paradise hates hearing herself moan.

put me on aux

Drake's triple flop



JULIET BECKER / DAILY NEXUS

Siobhan Stewart
Beat Reporter

Drake built an entire mythology around this album. Ice sculptures in downtown Toronto. Four livestream episodes. A Marvel collab. Months of buildup. Then May 15 came, and "ICEMAN" dropped and it was fine. Which, for Drake in 2026, is basically the worst thing it could be.

He did not just drop one album either. He dropped three, "ICEMAN," "MAID OF HONOUR" and "HABIBTI," all at once, totaling 43 songs. And after sitting with all of them, here is my honest take: "ICEMAN" is the best of the three. I wish that felt like a compliment. It does not. Because being the best Drake album out of this drop is like being the top house of the bottom houses — you are still "house."

Let's start at the bottom and work our way up. "HABIBTI" is a b-side for b-sides. That is not a diss, that is just a description. It is bland, it is lazy and it is so forgettable

that by the time the last track ends you genuinely cannot remember how it started.

There is no moment on that album that grabs you. No song that makes you think Drake was even fully present when he made it. It sounds like music that was created because it existed, not because it needed to.

Then there is "MAID OF HONOUR," which would be a step up if it were not for track four: "Cheetah Print." That track is something else entirely ... and not in a good way. The beat is bad, the lyrics are shallow and there is no creativity or artistry anywhere to be found. It sounds like someone took a handful of horrible ideas and hit play. It is the kind of song that makes you genuinely question the decision making in the studio that day.

Who heard that and said yes? Who approved it? "MAID OF HONOUR" has its moments, but that song alone drags the whole project down.

Which brings us to "ICEMAN" — the best of the three. The release came after Drake tried to reassert his supremacy after criticism that his recent solo work wasn't on the same level as some of his earlier tracks like

"Take Care," "Nice for What" and "Jimmy Cooks."

Fans were not just casually waiting for new music; they wanted Drake to say something. To prove something. After everything that happened with Kendrick Lamar, after the internet spent a year writing his obituary, "ICEMAN" was supposed to be the moment he walked back in and reminded everyone why he ran this for a decade. Instead it sounds like a man who is comfortable. And comfort is killing greatness.

There are decent songs buried in here, do not get it twisted. "Make Them Remember" and "National Treasures" are two of the best songs from "ICEMAN," with more complex lyric schemes and catchy flows. Moments like that remind you there's

a better album. Fans were literally hacking at the ice sculpture with pickaxes and hammers and lighting it on fire just to find the hidden release date. That is real devotion. That energy deserved to be matched. It was not.

Here is what gets me. Drake has always been an era artist. "Take Care" sounded like 2011. "Views" sounded like Toronto summers. Every project had a feeling, a mood, a moment it was speaking to.

What does "ICEMAN" feel like? It feels like Drake making Drake music because that is what Drizzy does.

There is no hunger on this album. No desperation. No fire. For someone who just spent a year getting dragged across the internet, you would expect the music to reflect something. Instead it is polished and completely safe.

The features alone should have elevated things — Future, 21 Savage, Sexyy Red, Central Cee, Popcaan and PARTYNEXTDOOR all show up across the three projects. On paper, that is a stacked lineup. In practice, even those collabs feel like they are running on autopilot. When Future and Drake link up and it still does not move you, that

is telling you something loud.

Drake still became Spotify's most-streamed artist in a single day of 2026 off the back of this drop, so the numbers will always protect him. The streams will rack up, the discourse will keep going and his fans will convince themselves this was the comeback they were waiting for. But numbers are not the same as impact. And right now, this entire trilogy, "ICEMAN" included, is impact-free.

The best of a bad batch is still a bad batch. "ICEMAN" is Drake at cruise control, talented enough that cruise control still sounds decent, but not nearly enough for what this moment called for. He built the biggest rollout of

2026 and delivered something you forget by the time the next song comes on.

Drake built an ice sculpture, did the livestreams, dropped the merch and gave us 43 songs. He just forgot to make any of it matter.

Siobhan believes the only thing cooked here is Drake's judgment.

COLUMNISTS

What we keep wearing:

| Arna Churiwala
Fashionista

Lately, it feels like pants are disappearing on campus.

Tiny athletic shorts speed past lecture halls on skateboards. Boxer shorts peek out from oversized hoodies at the library. Someone walks into section in bloomers and cowboy boots like they just stepped out of a Pinterest mood board. Everywhere you look, shorts seem to be getting smaller and smaller.

Not subtle shorts. Tiny shorts. The kind with inseams so short they almost feel theoretical. The kind balanced out by massive sweatshirts, slouchy bags and an attitude that says the outfit is effortless even when it clearly isn't.

Somewhere between athleisure, Y2K revival and the slow death of hard pants, tiny shorts became one of the defining silhouettes of spring and summer dressing.

And honestly, UC Santa Barbara was built for this trend.

Warm weather, beach proximity, long walks to class and a general culture of casual dressing make tiny shorts feel almost inevitable here. Where swimsuits already function as daytime clothing half the year, the line between "real outfit" and "something you could tan in" has become increasingly blurry.

But tiny shorts aren't just about practicality. They're tied to fashion cycles and the way style keeps oscillating between oversized and exposed.

Fashion has always loved legs.

In the 1970s and '80s, short athletic shorts became associated with jogging culture,

aerobics and sporty Americana. Running shorts were cut high and curved at the sides, designed for movement but quickly absorbed into everyday style. By the early 2000s, shorts got even smaller.

The 2000s practically perfected the art of the micro-short. Think Britney Spears in tiny, low-rise denim shorts paired with Uggs and oversized sunglasses. Paris Hilton stepping out in velour mini shorts and tank tops. It-girls everywhere making tiny gym shorts and flip-flops look like paparazzi essentials.

The silhouette was casual, but intentionally so. Tiny shorts became part of the larger Y2K obsession with exposed skin, low-rise everything and hyper-femininity.

Then, standards shifted.

The late 2010s leaned heavily into oversized silhouettes and biker shorts. The "clean girl" aesthetic favored sleek leggings, structured basics and neutral minimalism. Tiny shorts never disappeared, but they stopped dominating.

Now they're back, just slightly rebranded.

The modern version of the trend feels more varied than its 2000s predecessor. There's the sporty version: tiny running shorts, Adidas dolphin hems paired with oversized crewnecks and slick buns. There's the coquette version: lace-trimmed bloomers and satin shorts paired with oversized knits. There's also the boxer-short phenomenon, where Brandy Melville striped cotton sleep shorts somehow transformed into socially acceptable daytime wear.

Different aesthetics, same

Tiny shorts

basic formula: very little fabric.

On the runway, designers have fully embraced the return of micro proportions.

At Miu Miu, ultra low-rise micro shorts became one of the most talked-about silhouettes in recent fashion history, styled with oversized jackets and exposed waistlines that blurred the line between underwear and ready-to-wear. Blumarine leaned heavily into Y2K nostalgia, reviving glitter styling that felt pulled straight from a 2004 catalog. Meanwhile, Chloé has embraced softer bohemian versions of the trend, pairing bloomer-like shorts with flowing fabrics and romantic layering.

What makes the current tiny-shorts revival feel especially different is the styling.

In the 2000s, the goal often seemed to be maximum exposure all at once: little shorts, little tops, big sunglasses. Now, proportions feel more balanced. Tiny shorts are usually offset by something oversized — a massive hoodie, a structured moto jacket, tall boots, an enormous bag.

That contrast is what makes the silhouette work.

A pair of tiny Adidas shorts with a huge hoodie feels relaxed instead of overexposed. Boxer shorts paired with loafers and a button-down suddenly read as fashion instead of pajamas. The styling reframes the amount of skin being shown.

That hasn't stopped the trend from being controversial,

though.

Tiny shorts always seem to provoke the same question: Are these even shorts anymore?

There's a reason people constantly compare the trend to underwear. Some silhouettes intentionally blur that line. Bloomers, boxer shorts and athletic micro-shorts all borrow from clothing historically associated with privacy or function rather than fashion.

But fashion has always played with that boundary.

Slip dresses became eveningwear. Corsets became tops. Sports bras became outfits. The movement of private clothing into public style isn't new — it just keeps resurfacing in different forms.

And for college students specifically, tiny shorts reflect something larger about how people want to dress right now.

Students don't necessarily want clothing that feels stiff, formal or overly constructed. They want movement. Ease. Outfits that work for heat, long days and unpredictable schedules. Tiny shorts fit naturally into that desire for comfort, even when the styling itself is highly curated.

Because despite their simplicity, tiny shorts are surprisingly dependent on styling.

Shoes change everything. Tiny shorts with Sambas feel sporty. Tiny shorts with ballet flats feel soft and feminine. Tiny shorts with tall boots lean fully into the boho revival currently

JULIET BECKER / DAILY NEXUS



swallowing fashion whole.

Texture matters too. Cotton athletic shorts create a completely different effect than lace bloomers or satin lounge shorts. Hair and makeup shift the vibe again: slicked-back buns make tiny shorts feel athletic and controlled, while messy hair and layered jewelry push the look into indie-sleaze territory.

There's something undeniably fun about the return of tiny shorts. After years of minimalist dressing and oversized everything, fashion feels interested in playfulness again. Tiny shorts are slightly impractical, slightly ridiculous and very aware of themselves.

Which is probably why they work so well on college campuses.

They feel young.

Not necessarily immature, but experimental in the way college style is supposed to be. Tiny shorts aren't trying to look timeless or overly polished. They're about silhouette, confidence and the freedom to dress a little unseriously.

Sometimes fashion isn't about looking perfectly put together. Sometimes it's about throwing on the tiniest pair of shorts imaginable, balancing them with a big t-shirt and trusting the proportions to do the work.

Arna Churiwala thinks tiny shorts work best with oversized confidence.

SBusiness

| Linden T. Staley
Reporter

Many economics students at UC Santa Barbara realize that classroom knowledge alone may not be enough to fully prepare them for careers in finance and business. During freshman year, I enjoyed my economics courses, but still felt dissatisfied because the coursework had little applicability to the careers in finance, wealth management and financial modeling I was interested in. Yet, underclassmen can build financial literacy and navigate their path toward a successful career by looking beyond the classroom and taking advantage of the many resources available on campus.

My number one recommendation is to explore the economics department and the student organizations it offers. There are over 19 clubs dedicated to student growth in areas such as finance, consulting, statistics and other related fields. Attending the department's quarterly club fair is an excellent way to meet club leaders, learn about each organization and find programs that align with your interests.

Getting started: UCSB Finance Connection

If you're interested in finance, UCSB Finance Connection (FC) is a great starting point. The club holds weekly meetings that cover foundational material for different financial careers, and most importantly, host insightful guest speakers that help students develop their career of choice. In fall quarter, applications for specific workshops are open to FC members. These include workshops in wealth management, investment banking, general finance and venture capital.

Programs such as the General Finance Workshop and the Investment Banking Workshop

provide specialized accelerated training that prepares students for internships and careers in competitive fields. These workshops cover technical and behavioral concepts, resume seminars and interview preparation, helping students develop both knowledge and confidence.

As a former participant and assistant director of the General Finance Workshop, I found that the program provided early exposure to the expectations of the finance industry. It also helped me better understand how my own skills aligned with different career paths.

Building technical skills: Strategic Investment Program (S.I.P.)

One of the most valuable opportunities for students interested in finance is the Strategic Investment Program, which provides extensive training in areas such as accounting, equity analysis and financial modeling. S.I.P. is a part of UCSB's Professional and Continuing Education programs, a continuing education division on campus which provides certificate programs and specialized courses in finance, law, business and many more professions. S.I.P. consists of 120+ hours of instruction in a variety of classes taught by finance professors and specialists.

S.I.P. helped me explore different career paths in finance and identify where my skills best aligned. Through exposure to fields such as investment banking, fixed income and quantitative finance, as well as direct interaction with industry professionals, I gained confidence working with real-world material, an experience not always emphasized in traditional economics coursework. Most importantly, students who complete the program have the opportunity to join the Dean's Investment Group (D.I.G.), which

manages a live investment portfolio.

Want to expand on your economics degree and become financially literate?

Here's what you can do

manages a live investment portfolio.

Applying skills in practice: Dean's Investment Group (D.I.G.)

"DIG was a great opportunity to bridge the material we learned in S.I.P. with real-world experience. The best experience was having the chance to visit top investment banks with our team in San Francisco," Anton Hense, a former D.I.G. member and a fourth-year economics major.

Experiences like this provide a major head start for students entering the competitive finance job market. Managing a portfolio with real capital allows participants to build tangible skills and demonstrate experience that goes far beyond traditional coursework.

D.I.G. manages a live investment portfolio valued at approximately \$718,000. Students are tasked with researching specific sectors and pitch equities that are suitable for the portfolio, all under the supervision of finance professors and industry professionals. "D.I.G. alumni have secured competitive roles in investment banking, private equity, asset management and consulting at top firms including Goldman Sachs, Blackstone and Morgan Stanley," according to the UCSB Dean's Investment Group.

While programs like S.I.P. and D.I.G. focus on technical finance skills, other organizations emphasize everyday personal finance skills.

Building everyday financial literacy

For students looking to develop

a strong foundation in personal finance, the Financial Literacy Club (FLC) offers an accessible and practical starting point. The organization focuses on everyday financial skills that are essential but often overlooked in traditional economics coursework.

"Many of the topics we cover are things students don't always learn in class, such as opening a credit card or understanding taxes," FLC president and third-year economics and statistics and data science double major Giselle Alexander said.

Workshops hosted by the club address important areas such as managing student loans, budgeting in college and building an investment portfolio. In addition, FLC regularly hosts professionals from various sectors of finance, giving students the opportunity to network and gain exposure to practical applications of financial concepts.

Opportunities like this are especially valuable because, while economics courses provide a strong theoretical foundation, they often do not emphasize the practical financial skills students need in their daily lives. By engaging with organizations like the Financial Literacy Club, students can build confidence and develop habits that will benefit them long after graduation.

Other opportunities

In addition to these programs, students can explore organizations such as 180 Degrees Consulting, the UCSB Mentorship in

Economics Program, the Investment Advisory Committee (IAC) and Investment Connection UCSB. These groups provide valuable leadership experience, qualified guest speakers and mentorship that support both personal and professional growth. While each of these organizations offers a different focus, they all provide worthwhile experience for developing human capital, financial literacy and networking skills.

An economics degree provides a strong academic foundation, but students should take additional steps to become financially literate and career-ready. One of the most valuable steps underclassmen can take is attending the quarterly economics club fair, where they can explore a variety of organizations, mentorship programs and extension courses that support professional growth. From my experience, many economics students are unaware of the financial clubs and organizations available on campus. These opportunities are not always widely visible, which means students who take initiative are far more likely to discover them and take advantage of what they offer.

The resources are there, but it's up to students to take the first step. Those who do will leave UCSB with not only a degree but with the skills and experience needed to succeed.

Campus offers strong finance opportunities — but success depends on your initiative.

◆ Google Gemini

NOTES TO NAILED IT

Create a practice quiz covering the fall of the Roman Empire based on my class notes



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