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Another treasure in Pacific’s pocket:  
The Moscone Papers to be housed in library archives

Nicole Felkins  
EDITOR-IN-CHIEF

This past Thursday, March 26, the University hosted a tribute to the late Pacific alumnus and former San Francisco Mayor George R. Moscone ’53 at the San Francisco campus. Pacific will house the long-lost Moscone Papers, which include his personal letters, political correspondence, draft speeches and other documents. They will be held in the Holt-Atherton Special Collections of the William Knox Holt Memorial Library. It will take about a year for archivists to process these, but once they are done, scholars and the general public will be able to examine them.

The tribute included a discussion by University president Pamela A. Eibeck, who talked about the George R. Moscone Endowed Scholarship. The scholarship will provide financial aid to students interested in civic leadership and social justice. Full-time undergraduate students with a GPA above a 3.0 and who are in financial need are encouraged to apply. Donors are encouraged to give to the George R. Moscone Endowed Scholarship. All new gifts will be matched dollar-to-dollar by the University’s Powell Fund Match program, which pulls from the $125 million estate gift donated by Robert and Jeanette Powell.

A brief film of Moscone’s life was presented to the audience. Moscone served as San Francisco’s 37th mayor. He was the first man in his Italian-American family to attend college, and he arrived on Pacific’s campus with a basketball scholarship in 1950. He graduated with a bachelor’s degree in sociology in 1953. Moscone was a country that accepted all religions.

His takeaway message was in regards to a verse from the Quran: “To parents do good, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler and those whom your right hands possess.”

Cajee felt strongly that if all individuals — irrespective of their faith — tried to fulfill the rights of other people, then many troubles of the world would dissipate.

Next on stage was Dr. Imam M. A. Azeez, who graduated with a medical degree from Egypt and earned his master’s degree in social sciences when he came to America.

Azeez began with a Himalayan folk story about a man who apparently spotted a piece of gold in a lake. The only problem was, every time he stepped into the water and then stepping back out to wait for the murkiness to subside before he stepped back in... Eventually, the entire village joined him in the conquest
Does Muhammad Have a Future in America?

MUHAMMAD IN AMERICA
CONTINUED FROM PAGE 1
for this piece of gold. Soon they called upon an old wise man for help. The wise man simply pointed upward, toward a thin branch of a large tree near the lake. Dangling from the rim of the branch was the piece of gold that cast a reflection over the water. The folk story was an analogy for how sometimes the rationality behind our common sense causes us to make the same mistakes over and over again. According to Azeem, it is crucial to think outside the box and apply our creativity toward social and spiritual entrepreneurship movements.

Afterward, Tamana Ebrat '17 and Saima Uz-Zaman '17, students and members of MSA, performed a heartwarming spoken word piece. The event came to an end with a panel discussion including Dr. Colleen Keyes, Zahra Bilbo, Dustin Craun, Imam Hazim Rashed, Saeeda Islam, Caje and Azeem. The panel emphasized the importance of individual responsibility, women empowerment within the Muslim community and the identity of an American Muslim.

(Right to left): Tamana Ebrat '17 and Saima Uz-Zaman '17 perform spoken word. "They [the panel speakers] emphasized the importance of individual responsibility, women empowerment within the Muslim community and the identity of an American Muslim."

Moscone Papers

MOSCONE PAPERS
CONTINUED FROM PAGE 1
posthumously inducted into the Athletic Hall of Fame in 1986. A footage of the presentation can be found on Pacific's website at http://www.pacific.edu/Moscone-Tribute/Moscone-Webcast.html.

"George Moscone was a gifted public servant and a leader who was ahead of his time, especially in advocating for the rights of the LGBT community and other minorities," proclaimed Sen. Dianne Feinstein, honorary event chair. "I am delighted to join with University of the Pacific and many others to honor George and his contributions to San Francisco and California. By archiving his papers and making them available to the public, his legacy can be preserved for generations to come."

"Ohana Pu’uwai Aloha"

Pacific’s Hawaii Club presented its 24th Annual Luau this Saturday in the DeRosa Center Ballroom. Complete with a hula show, the luau featured both food and entertainment.

(Left to right): Edna Rush and Edna Rush
PREVIEW:
Treble-makers in the USA:
Tri Delta hosts 3rd Annual Delta Idol Competition

Tigers, are you ready for Pacific’s own version of “Pitch Perfect”? Social sorority Delta Delta Delta will be hosting its third annual Delta Idol singing competition this coming Wednesday, April 8 at 8 p.m. in the DeRosa University Center. This year’s theme is “American.”

At least 10 different Greek organizations are expected to perform. All proceeds from this competition will go towards Delta Delta Delta’s philanthropy, St. Jude Children’s Research Hospital.

Competing teams will be given four minutes to perform before the judges. The teams will be judged on the criteria of song choice, stage presence and creativity. The audience has sway over the votes as well. The event will also be selling ice cream from The Creamery for $1. For each ice cream sold, points will be given to the purchaser’s Greek organization of choice. Winning chapters will receive a trophy and crowned the Third Annual Delta Idol Winners.

Tickets are $5 presale when purchased from a member of Delta Delta Delta or $7 at the door. Those interested in purchasing tickets may also contact the sorority’s philanthropy chair, Aimee Georguson, for inquiries at pacifictrideItaphilanthropy@gmail.com.

Come eat, sing along and cheer on!

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Jodi Tai
NEWS EDITOR

Weekly Report
March 22 - March 28

FIRE
DeROSA CENTER
3.22.15
Officers responded to a fire alarm at the Center; it was determined to be a grease fire. The fire was put out prior to officers’ arrival.

THEFT
SPANOS CENTER
3.22.15
Staff members found several small holes drilled into a vending machine. No loss was recorded, but a report was filed on the damage to machine.

ARREST
MONTEREY & DWIGHT
3.24.15
Officers responded to a call of a suspicious subject jumping a fence at 9:46 p.m. Officers located a male with a BB gun and narcotics. He, along with two teammates, were cited for the possession of the narcotics.

ARREST
BONNIE & FULTON
3.25.15
Officers located an abandoned bicycle near the footbridge and approached a transient to see if it was his bicycle. The subject took off running with officers in pursuit. They located him hiding at the above location, where he was arrested.

SUSPICIOUS INCIDENT
CLASSROOM BUILDING
3.26.15
The reporting party stated they saw a subject walking around the classroom building with a crowbar. The subject fled in a dark Infiniti prior to officers’ arrival.

THEFT
WEMYSS HALL
3.27.15
Victim reports someone used a car jack to spread his Ubolt apart and removed the bicycle. Report was filed on the incident.

CASUALTY
BAUN FITNESS CENTER
3.27.15
Officers responded to a report of subject who fell and injured their leg. Medics arrived and treated the subject who had a friend drive them to the hospital for treatment.
Overrated ratings
Sites lack real insight into your future professors

Emily Olson
STAFF REPORTER

Indecisive students take cover: It’s course selection time.
By now you’ve probably figured out what graduation requirements you have left and you know that morning classes don’t work for you (or maybe they do). But how do you decide on the professor you’ll enroll with?
That’s what sites like Rate My Professors, My Edu, Koofers and Uloop are for. Or at least that’s what they’re designed for. Most students believe they’re not as trustworthy as they claim to be.
The basic premise is that real students share their opinions on a professor after taking his or her class — it’s “college students helping college students,” claims RateMyProfessors.com. All have an average overall grade students can give professors, but some have unique features that might be specifically helpful to some. Koofers.com provides the average grade students earn in a professor’s class. MyEdu.com offers study tips based on a professor’s reported teaching style. RateMyProfessors.com includes a professor’s hotness rating — because it matters when long lectures are involved.
But there is contention over whether students should rely on these sites. Double major in English and philosophy, Alea Freeman ’15 shared that she refers to ratemyprofessor.com when debating which courses to take, “but only as a last resort.”
She stated that some students give helpful feedback on these sites, but others “have a vendetta against professors” and shouldn’t be trusted; “Everyone has different standards of what they expect to get from the class.”
Instead, Freeman will read the CVs of professors she’s unfamiliar with. Nicole Cherry ’15, a self-designed art major, said she refers to friends for advice: “When you talk to someone in person, you usually get a fuller story.”
Both Freeman and Cherry find professor rating systems less than trustworthy because ratings are self-
Extend your knowledge one weekend at a time

Sasha Kasoff
STAFF REPORTER

We all know what it’s like: You wake up to a ton of emails and skim through a few, before tossing the majority in the trash. But what if you are missing something really cool by doing that?!... In the example is the extension courses offered every semester. Since they don’t show up on the regular schedule of classes, you may have overlooked this opportunity.

Usually these classes meet only a few times — sometimes for one day, one weekend or one day a week for a few weeks. Sadly, I didn’t discover them until my last year here. Jia Min ’15 has taken three so far, two of them with me. Her thought is, “If you are interested in something, you should just take it. They are short classes but you can learn a lot from them; they usually are really different topics than our regular classes.”

Dream Interpretation is just one weekend for a whole unit, and you get to learn something about yourself at the same time. Tanya Storch usually teaches that class, and she is certainly knowledgeable about the topic, as she is currently working on publishing a book about it. While teaching, Professor Storch cites important dreams throughout history and teaches everyone how to help interpret your own and other’s dreams respectfully.

Sensei Terumi Takahashi teaches Omotesenke Tea Ceremony with Takako Ueda, both of whom are certified tea masters who wear beautiful kimono outfits to every class. This class is for six weeks for about three hours every Thursday, but time flies by. Although it is a lot to memorize, it is a fascinating glimpse into Japanese culture and they give you sweets and tea in every class!

Another great benefit is that if you are really interested in the topic, there really is no limit on how much you can learn. Not only can you become registered officially in the Omotesenke school in Japan, but you can also take the course several times to become more and more advanced in your knowledge.

There are plenty of other courses as well, including several history classes, Shakespeare’s ‘A Midsummer Night’s Dream’ and more. It is definitely worthwhile to check them out if you need an extra few units, and you can learn a lot about some really interesting topics.

Flight goes down in Alps: Don’t worry, Pacific

Lauren Peterson
DISTRIBUTION MANAGER

On March 24, 2015, Germanwings Flight 9525, traveling from Barcelona to Dusseldorf, crashed in the French Alps, killing all 150 people on board. Details have since been released that suggest the co-pilot, Andreas Lubitz, after locking the pilot out of the cockpit, had purposely descended the aircraft in order to collide with the terrain.

While there have been no connections made to terrorist organizations, investigators have discovered various antidepressant medication in Lubitz’ home. Lufthansa performs yearly physical examinations of all their pilots, but does not perform psychological ones. It would have been Andreas Lubitz’s responsibility to self-report that he was unfit to fly, if diagnosed by an independent doctor.

This is a tragedy. But what does it mean for the millions of people who fly every day to destinations near and far, foreign and domestic?

In the United States, due to 9/11, two people are required to be in the cockpit at all times, so when a pilot gets up to go to the bathroom, a crewmember can temporarily take their place. This practice was never adopted in Europe.

In the wake of Flight 9525 many European airlines, including British Airways and EasyJet, have announced they will adopt the two-person rule immediately.

As the number of yearly airline passengers tops 3 billion, it is important to remember that air travel is the safest mode of travel. You are 180 times more likely to be killed in a car accident than on a plane, yet we jump into our cars every day without hesitation. Airlines will only continue to become safer in response to such tragedies as this one, as well as proactively applying newer technology to their aircraft to further ensure crew and passenger safety.

Be vigilant, Pacific.

Website vs. word-of-mouth

Lauren Peterson
DISTRIBUTION MANAGER

Professors are rated on everything from class difficulty level to physical attractiveness.

Selected. Anybody can write an evaluation; there is no way to ensure the feedback is fair or if it’s even coming from students. Cherry explained that students might write an evaluation “because they get a bad grade and get bitter.” Others might exaggerate the quality of teaching because they loved a professor.

There’s a disproportion in the number of students that write an evaluation and those that visit the sites. Neither Cherry nor Freeman have ever evaluated a professor using an online rating system.

Because of this self-selection, Pacific doesn’t rely on online sites for internal feedback. Dr. Amy Smith, Chair of the English Department, confirmed this and also explained how seriously the University takes the mandatory end-of-course evaluations. The department chairs go through every evaluation and have to write letters about them. These go over to the dean who reviews them before the professor. “We read them. They matter. I make changes to my syllabus based on what people say,” Smith asserted.

But are professors aware of the online systems? Definitely.

When Smith first heard about RateMyProfessors.com from some students in her class, she looked herself up — and then a lot of the people she went to grad school with.

And despite currently having a Rate My Professors rating of 4.9 out of 5, Smith hasn’t checked her score in a while. She said that in general, “Professors tend to stay away from it. Some feel burned about some of the more personal evaluations.”

Despite whether or not a professor agrees with his or her rating, a student might benefit from having an idea what others thought of a class. Taking an extra step to research a professor is more likely to help than hurt. Whether you get advice from friends, strangers or an online rating system, just keep an open mind and follow Smith’s advice: “Take it with a grain of salt.”
Everybody has had to deal with cliques in some way or another. Growing up in school, most of us were part of some sort of tight-knit social group. Whether you were one of the popular people who ate lunch in the forum, or if you were a loner who hung out behind the gym, an athlete, a burnout, or even if you just felt victimized by these groups, social cliques became part of everybody’s reality. Pacific, which has the student population of a large high school, is essentially a continuation of this experience.

Fortunately, many young adults reach a new level of maturity by the time college finally rolls around. Our cliques are no longer structured so rigidly around a social hierarchy and the shallowness of self-image, but a feeling of acceptance and belonging.

Our University has so many specialized organizations that it is advantageous to be part of one of these groups. After all, for many of us this is one of the last opportunities we have to spend a good deal of time alongside like-minded individuals with common interests.

Trumpet performance major Theodore Stone ’18 observed, “You see groups of people who associate with each other and not other groups. It’s not necessarily a bad thing, but just the way people interact amongst themselves.”

The Conservatory is a great example of this, as everybody in it interacts with each other on a daily basis. Additionally, everyone in the Conservatory communicates with “music,” which unites people in what is essentially a foreign language — or even a code. The group may make the everyday observer scratch his head, but in the end it is such a uniquely accepting environment.

Athletes are also another prominent clique at this University. Identifiable by those Gatorade bottles glued to their hands, they are quite possibly some of the most exclusive people at this school. It is reasonable, though, as they spend most of their time keeping their bodies in great shape in order to represent our school and to build and maintain a competitive image of Pacific. The camaraderie exemplified by our athletes is important too. As teams, they talk each other up, and they achieve things together on the field or the court or in the pool. It really is those specific relationships that they should be focusing on.

Greek Life is a monster clique composed of other smaller cliques. Dozens of college kids here go through the pledge or probationary process every semester for their respective fraternities and sororities with the hopes of being accepted by the clique with which they identify most. Each of these groups puts on events for the whole school to come watch and participate in so the organizations can intermingle. Greek life here at UOP is very socially oriented and provides a place for social people to hang out with each other.

Everybody needs a place to belong, especially in college where finding a close friend can be focusing on. Many students join organizations to expand their friendship networks and get more involved, and end up meeting people they would not have had it not been for the opportunities Pacific has afforded them.

Urban Dictionary, a website that defines modern language and slang, describes the word “cliquey” as, “Tending to form into many exclusive groups of friends which rarely, if ever, mix with each other.” The main focus of this definition is that these groups are exclusive and rarely mix with each other, but this definition could hardly be used to classify Pacific students, who tend to find close friends.

Greek organizations are also involved in outside organizations such as professional fraternities, clubs and on-campus jobs. Megan Phelps ’16 is one of these active students who participates in her Greek chapter, as well as working alongside members of other chapters and of the non-Greek community at the Center for Community Involvement. Phelps says of her work environment, “I really enjoy having coworkers from different areas of campus because they bring new ideas and perspectives that I may not have heard without the shared work environment. It is really important to connect with people outside of your own bubble so that you can expand your understanding and make friends you may never have expected.”

Additionally, many groups are able to get together through rec sports teams, wherein several organizations team up and also play against each other, as well as through supporting philanthropy events, allowing students to meet and learn about others in different facets of campus life. For students who are not members of clubs or Greek life, there are plenty of other opportunities for them to socialize with those who are involved or to get involved themselves.
Pacific students aim to stockpile blood

Sarah Kellner  
LIFESTYLES EDITOR

On April 7, communication majors in the Community Learning Capstone will be hosting the Delta Blood Drive at Grace Covell Hall from 11:30 a.m. - 5:30 p.m. Many students do not realize the impact a simple donation can have on the lives around them. One blood donation can save up to three lives, informs Delta Blood Bank. Yet many people do not donate due to lack of information or drive to do so.

The sad truth is that roughly 38 percent of Americans are eligible to donate blood, but less than 10 percent actually do each year, reports the American Red Cross. In a logical breakdown, there are roughly 20 people to a classroom, and with the above statistic, roughly two students would donate. If this seems like a problem to you, then you are right!

Blood donations are essential to saving all different types of people in need: mothers losing blood during birth, car accident victims, cancer patients, septic infections... The list goes on. However, without gaining more donors, these people cannot be saved. Unlike what HBO's popular show "True Blood" would have you believe, blood cannot be manufactured and relies solely on generous donors. Think you can roll up your sleeve and help out? I think so! The whole process takes around one hour, including registration, a health questionnaire, donating and recovery (you get a cookie and juice!).

Need more of an incentive to participate? The communication students involved with creating this successful drive will also have great prizes offered! Some raffle prizes include a one-night stay at the Hilton, Starbucks gift cards and thermal mugs, a photoshoot with Across the Sea Photography and more. All you have to do is show up, and you instantly get three tickets.

If you would like to sign up before the day of to confirm an appointment time, email s_boruszak@u.pacific.edu. Walk-ins are also welcome.

As part of the community effort in making this event an upbeat and exciting thing to be part of, the student hosts of the blood drive are also encouraging participants to join the #prickforlife campaign. It only takes a little prick (of a needle) to save a life. On the day of the event, please post photos to the Facebook page or on your personal social media with the hashtag #prickforlife.

Remember, you have the ability to save lives with a simple donation. Gather a group of friends and plan your appointment! I will see you there.

UNIVERSITY OF THE PACIFIC  
BLOOD DRIVE  
Tuesday, April 7th  
11:30am - 5:30pm  
Grace Covell Dining Hall  
To schedule your appointment please email Sarah Boruszak at s_boruszak@u.pacific.edu  
include appointment time in your email to secure a spot!

Welcome to Tiger Lands!

Lauren Peterson  
DISTRIBUTION MANAGER

After weeks of speculation amongst peers and through anonymous posting on the social application Yik Yak, ASuop Arts & Entertainment announced a Spring Concert Release Party.

On Thursday, March 26 at 8 p.m., The Lair was already full of students. With the promise of free beer and soda floats, students gathered around tables and the promise of free beer and soda floats, Lair was already full of students. With the terrified and anonymous posting of an identity of our Spring Concert guest, the release video was played. Images of Kehlani and DJ Mustard were the first to grace the screen, with the promise of free beer and soda floats, Lair was already full of students.

After about 20 minutes of technical difficulty, the release video was played. Images of Kehlani and DJ Mustard were the first to grace the screen, with the promise of free beer and soda floats, Lair was already full of students.

But the best part? It's all FREE.

As part of the community effort in making this event an upbeat and exciting thing to be part of, the student hosts of the blood drive are also encouraging participants to join the #prickforlife campaign. It only takes a little prick (of a needle) to save a life. On the day of the event, please post photos to the Facebook page or on your personal social media with the hashtag #prickforlife.

Welcome to Tiger Lands.

Featuring a pool, bar and all-day activities, Tiger Lands will be host to Kehlani and DJ Mustard.

But the best part? It's all FREE.

The Lair erupted in cheers. The concert will be held on Wednesday, April 29, at University Plaza Waterfront Hotel, on the last day of school before Dead Day.

After major setbacks, ASuop Arts & Entertainment have set up an incredible event that is sure to be remembered for years to come. I'm definitely going — are you?
Angelina Jolie speaks out at Kids’ Choice Awards

Sarah Kellner
LIFESTYLES EDITOR

If Angelina Jolie wasn’t already super cool, the small but powerful speech she made just brought her even further up the ranks. Last Saturday at Nickelodeon’s 28th Annual Kids’ Choice Awards, Jolie received the award for Favorite Villain for her role in the movie “Maleficent.” In case you didn’t catch what in my opinion was one of the best Disney movies yet, Jolie played Maleficent, a young fairy who was forced to grow up too quickly due to the interference of humans. With war over lands, loves and sorrows, we see the tale of Maleficent the feared, and how she became the way she is. Go watch it. Seriously, Angelina is the Lara Croft of Disney.

Back at the event, Jolie was accompanied by only two of her Brangelina troop, Zahara and Shiloh, and when Mommy got the award they were more than excited. What was beautiful about the night was how generous and humble Jolie was, high-fiving and waving to ecstatic fans. The best thing to come from Angelina, though? Her words of inspiration to the young crowd. The actress said:

“I want to say that when I was little, like Maleficent, I was told that I was different. And I felt out of place, and too loud, too full of fire, never good at sitting still, never good at fitting in. And then one day I realized something, something I hope you all realize: Different is good. ...And, as your villain, I would also say, cause a little trouble — it’s good for you.”

Angelina Jolie is the last person you would expect to be insecure as a child, but the truth is we all start somewhere. Her connection with the audience and message is simple yet effective: Don’t be afraid to be different. Seems easy, right? Yet in a world of exaggerated beauty standards and confusing social etiquette, it’s easy to fall victim to being just another person adrift in a sea of conformity. Out of fear, out of not fitting the mold, out of comfort. However, once your guard is let down, a whole new world is waiting like a shiny present. Just open it.

Thanks, Angelina — you’re a gem.
Serial dating exists and it needs to stop

Sarah Kellner
LIFESTYLES EDITOR

Urban Dictionary captures the essence of just what a serial dater is: "One who engages in the process of systematically dating an obscene amount of people in a short span of time. This definition encompasses but is not limited to internet dating, bar dating, long distance flirtations, phone service dating, blind dating, expiration dating, match making, one-night stands, friends with benefits and personal ad surfing. Can be considered a politically correct alternative to word 'player' both with and without a negative connotation." However, has this always been a thing, or has it only recently emerged?

I’d argue this has become a millennium issue that has bypassed a trending state and is well into a new standard of living. With the evolution of the Internet and the ability to connect directly with a single person of one’s choosing, dating has morphed into a version of catalog shopping.

With eHarmony and Tinder, one can now browse through the “Singles” pages, choose their top five “items” and add to cart (set up a date). This gives anyone the ability to not be choosy, or, in retrospect, to be as choosy as possible.

This is where the term “serial dater” comes to play. A serial dater is someone who will set up multiple dates with multiple persons of their liking and give them a “one shot” sort of chance. The mindset is, more options, better chance of finding the one, right?

Wrong. By investing oneself into a pool of people, instead of on one peso, you ultimately spread yourself thin and do not pick up on the details of romance and interests that one would normally.

Heather Jensen from All Women Talk reports that a serial dater is someone who likes the “Dating Game.” Meaning, they like the newness and interactions with the person or people they are attracted to. And really, who doesn’t? This is what I’d consider the flirty butterfly stage: where everything is new and everything seems to have perfection written all over it. This is fine and dandy but there needs to be a level of clarity and focus to follow.

Match.com informs that serial dating comes with its headaches. There are perks such as meeting new people and mingling with different men or women one might pursue, but there is a possibility a person’s reputation can be tarnished or they can be seen as a player. Worse, one can be seen as just wanting a free meal.

Many women’s personal testimonies say things along the lines of, “Whatever, if the date doesn’t go well at least dinner was free.” Come on! This is why certain types of people get certain types of labels and get crossed off the dating list fast (more like blacklisted).

The issue is that serial dating is so casual that there aren’t many connections being made. It has an emptiness that isn’t filled with investigative conversation or interest balancing.

Instead, there is a checklist surveyed in a serial dater’s head: If the person doesn’t meet certain criteria, it’s an instant GOOD-BYE!

Finally, Jensen pointed out, “Constantly looking for Mr. or Mrs. Right” can defeat the purpose in its entirety. By rushing and “double-booking” dates, there is simply not enough time for a person to get to know someone else and give them the attention they deserve.

In point, slow down and enjoy life. Grab a coffee with a potential partner, take it slow and either schedule another date or move on!

Combat pesky germs with preventative measures

Allison Willford
STAFF REPORTER

With the seasons changing and the dry air swirling around, the common cold is spreading quickly and putting students out of commission. Once one person has it, more people catch it, and it feels like a never-ending cycle of pain attempting to drive you crazy.

If you are looking for ways to combat the cold without using over-the-counter medications, here are some tips on natural ways to fight back.

The first step to overcoming your cold is to identify it as the monster infection it is. Pacific’s Health Services reports the common cold is “a mild viral infection involving the nose and respiratory passages.” The symptoms of a cold can be confused with allergies, but there are several differentiating characteristics between them.

WebMD lists the major differences between these two illnesses, stating that people catch colds from various viruses and get allergies from an overactive immune system. The website reveals that a cold can last up to two weeks, while allergies affect someone as long as they are near the irritant. While a cold can take longer to reveal itself, allergies attack immediately after someone is exposed to the allergen. Both a cold and allergies can share similar symptoms, but someone with allergies will not have aches or a fever, unlike someone with a cold.

After you have determined whether you have a cold, the next step is to treat it. As one of the symptoms of a cold is trouble breathing or excessive mucus in the throat, the Centers for Disease Control and Prevention recommend that you use a humidifier to alleviate the congestion in your chest and the mucus in your throat.

If you have trouble with a runny nose, WebMD provides a home remedy for a nasal spray that can clear it up: “Mix 3 teaspoons of iodide-free salt and 1 teaspoon baking soda. Place in an airtight container. Add 1 teaspoon of this mixture to 8 ounces of lukewarm boiled or distilled water. Fill a bulb syringe with this solution (or use a Neti pot, available at most health foods stores). Lean your head over a basin, and using the bulb syringe, gently squirt the salt water into your nose. Hold one nostril closed by applying light finger pressure while squirting the salt mixture into the other nostril. Let it drain. Then treat the other nostril.”

To alleviate a scratchy or sore throat, WebMD further suggests you gargle with salt water about four times a day. Use about half a teaspoon of salt for every 8 ounces of warm water and allow it to dissolve completely before use. If your sinuses are bothering you, apply hot packs to your sinuses to clear the congestion and discomfort.

When you catch a cold and are dreading the pharmacy, use these tips to get better fast!
SPORTS

TIGER X

RUGBY

Tigers are regional champions!

Drew Jones
SPORTS EDITOR

Pacific’s Rugby Club traveled to Bend, Ore. to compete in the West Coast Small College Men’s Regional Championship Playoffs. The tournament was a regional qualifier for the National Small College Rugby Organization Challenge Cup to be held in Pittsburgh.

Pacific was one of four teams competing in the tournament, which also included Point Loma, San Francisco and tournament host Central Oregon CC. On Saturday, the Tigers faced off against their host, the Bobcats, and came out on top with a 35-12 victory.

Moving into the second day, Pacific took on a more familiar opponent, Santa Clara. This game's decision would send the victor to the national championships. Through blood, sweat and exceptionally dirty uniforms, it was a tough fight all the way to the end. Nevertheless, Pacific surfaced as the winner, taking the game, 39-17.

The Tigers will move forward to Nationals for the first time in program history. "We’re very excited to be going," rugby player Justin Giardino ’17 expressed, "We have a lot of seniors that have been with the program for a while, so it was good to be able to win like this before they graduate.”

The national tournament will be held Saturday, April 18 through Sunday, April 19 at Founders Field in Pittsburgh. Pacific is once again one of four teams participating in this tournament. The Tigers are set to face Indiana-Purdue Fort Wayne on the first day of the tournament. The winner of this matchup will face the winner of Washington & Lee versus Northern Colorado for the national title.

Senior Stephen Whitman ’15 revealed what it means to be regional champions: “It means the world... I believe in my team, and I realized it’s a blessing to simply play a sport. Now we have the chance to be Nationals champions; it doesn’t get much better than this.”

WOMEN’S WATER POLO

Pacific scoops up fifth win in a row

Drew Jones
SPORTS EDITOR

No. 16 women’s water polo tallied another win this weekend over conference foe Santa Clara. This past Saturday, the Tigers ran through the Broncos, cruising to a 13-6 victory and their fifth straight win. Pacific improves to 11-9 on the season, and 2-1 in conference.

Santa Clara led off the scoring in the first quarter, but by the end Pacific took a one-point lead, 3-2. Two goals from attacker Brydie Pye ’15 at 7:02 and 4:50 gave the squad the edge. A seven-goal second quarter catapulted the Tigers over Santa Clara, giving them all they needed for the victory.

Pacific scored three more times and only allowed three goals in the third and fourth quarters. Goalkeeper Michele Giardino ’17 tallied 14 saves, keeping the Broncos at bay.

Pye posted a hat trick, scoring her third goal in the second quarter. Attackers Karolina Hlavata ’18 and Rachel Krieger ’18 tossed in two goals each.

With three more conference games remaining until the conference tournament, the Tigers look to keep the win streak going.

The Tigers take the week off before heading out on the road to face Fresno Pacific. They return home on Friday, April 17 to take on Cal Baptist.

The matchup will begin at noon at Chris Kjeldsen Pool. The following day, they’ll face LMU for their final regular season game before hosting the Golden Coast Conference Tournament.

Visit go.pacific.edu/rec for schedule updates and class descriptions.
SAND VOLLEYBALL

Alicja Wilk '17 (left) and Kimmy Whitson '16 (right) celebrate a successful attack.

Volleyball squad sinks into quicksand

Drew Jones
SPORTS EDITOR

After an incredible start to the season, sand volleyball has struggled to overpower opponents. No. 10 Pacific dropped their third consecutive home matchup to No. 2 Hawaii. The Tigers fall to 7-5, overall, and have yet to win a match at home.

Each pair played very competitively, staying close to the SandBows. The only pair to come out on top was Alicja Wilk '17 and Kimmy Whitson '16. The dynamic duo defeated the Bows' pair in the first match of the day in three complete sets.

The first to 21 in the first two sets is the winner of the set, while in the third set the winner is the first to 15. The victor of the match must win two of the three total sets.

Pacific was close to picking up a couple of the other matches but fell just shy each time. Notably, the freshmen pair Katrin Gotterba '18 and Maycie LaBass '18 came up with an exhibition win in sweep over the Bows' pair. It was a tough battle in the second set; Nevertheless, the tenacious freshmen duo were able to run away with the win, 27-25.

Sand volleyball was approved to become a Division I National Collegiate Athletic Association championship sport this past October, and there are now nearly 50 Division I colleges with sand volleyball teams. Sand volleyball is an emerging sport for women as recognized by the NCAA. Pacific is in its third year in program history and was recently ranked in the top 10.

The Tigers play their penultimate home game on Friday. They host Cal Poly at the Raney Sand Volleyball Courts. First serve is at 4 p.m.

Did you know?
Softball will begin conference this weekend at San Diego. There are six schools in the West Coast Conference who have softball programs.

SAND VOLLEYBALL

Attacker Brydie Pye ’15 led the Tigers, posting a hat trick in their matchup this past weekend. Pye tossed two goals in the first quarter and rounded out with one more in the second. She led No. 16 Pacific to a stellar win over conference foe Santa Clara. (Photo c/o Pacific Athletic Relations)

WOMEN’S TENNIS

Saturday, April 4
vs. San Diego
1 p.m.
Hal Nelson Tennis Courts

For more information, check out the official Pacific Athletics website at pacifictigers.com.
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