De-Stress Fest Looks to Provide Relief Before Finals

Pacific students work on holiday crafts at De-Stress Fest 2015.

Zachary Withrow  
Co-Editor-in-Chief

Finals week is fast approaching, and with it comes an inevitable avalanche of stress for students of all classes and majors. Fortunately, students have something to look forward to prior to the looming tests and research papers: the annual ASuop Arts and Entertainment De-Stress Fest.

On Friday, December 8th, students can visit the DeRosa University Center from 8 p.m. to 12 a.m. to find the building transformed into a winter wonderland of fun and relaxation. Director of ASuop Arts and Entertainment Kathrina Morales ’19 told The Pacifican that her organization is very excited about the event.

"The team usually starts planning the event right after Homecoming, so we've been working on this since the end of October," Morales said. On the first floor of the DUC, visitors can go to the ballroom to wheel around on a roller rink. After you've worked up an appetite, you can head to the marketplace from 10 p.m. to 12 a.m. and get yourself a free breakfast.
A SEED is Growing in Stockton

Mayor Michael Tubbs is pushing for an ambitious new program in Stockton.

Andrew James Rocha
Copy Editor

It is no secret that the city of Stockton has a very negative reputation. Three years ago the city was bankrupt, and it is never a surprise to hear about some violent crime occurring somewhere in the city. However, Stockton Mayor Michael Tubbs has a seemingly radical plan that could change the city for the better.

To combat poverty and help Stockton residents, Mayor Michael Tubbs wants to provide residents with a basic income of $500 a month to help with basic everyday necessities and utilities. This experiment to provide residents with basic income has been called the Stockton Economic Empowerment Demonstration (SEED).

In Stockton, California, 21.8% of the population live below the poverty line, which is significantly higher than the national average, 14.7%. SEED would help those residents and their families pay for basic necessities until they are able to pull themselves out of poverty. SEED will not make use of public funding, but is currently being funded by the Economic Security Project, which, according to their website, is a "network committed to advancing the conversation on cash benefits and basic income in the United States" (economicsecurityproject.org).

The Economic Security Project, along with other policy experts and researchers, has provided $1 million to SEED. Recently, the Goldhirsh Foundation has announced that it will match up to $250,000 in donations to SEED.

Born and raised here in Stockton, CA, Mayor Michael Tubbs knows from personal experience how difficult it is to find the money in order to pay for necessities, after witnessing his mother work hard and struggle in order to provide, "If we had $300 a month, life would be less stressful, or we could move into another neighborhood... Maybe she would’ve been able to go back to school and get her BA, or pursue a passion."

An anonymous Pacific student and Stockton resident shared with the Pacifican some of their own thoughts on SEED. "I think that it could be a good thing or a bad thing. It could be helpful for families of low income who are struggling to pay their bills or get a monthly income, so I guess in that aspect it could be helpful. But if you get people used to receiving money than it is like they won’t be doing anything to earn that money. But I do think it’s cool what [Mayor Michael Tubbs] is doing."

SEED will be implemented sometime in 2018 and whether it does anything to benefit the city of Stockton and its residents is in question. Hopefully, it will do more good than bad, and make Stockton an example for other communities in the United States.

TIGER GROWLS

"What are you not looking forward to about going home for the holidays?"

"The nonzero chance that I'll be beaten up by a guy in a camo jacket and a MAGA hat."
- Andrew Johnson, History '20

"I don’t have a bedroom, so sleeping on the couch."
- Mia Watts, Music History ‘18

"The annoyance of my twin sister, we are so different."
- Mary Wilkam, Graphic Design ‘20

"Being the only Democrat in a Republican household."
- Anonymous

"Not having anything to do for a month."
- Justin Ho, Biology ’21

"As cheesy as it sounds, when I go home I miss my friends who are basically my family here at UoP. It's great being home with my family for the holidays but my friends from Pacific are such a big part of my life..."
- Jon Sanchez, Graphic Design ’18

"Being in the same space as my brother; we just always argue about politics, who's gonna wash the dishes, who's gonna take out the trash..."
- Shaquoya Jones, Communication ‘19
New Bill Threatens Accessibility to Higher Education

Scarlett Green
News Editor

On Thursday, November 16th, the House passed a new tax bill which eliminates tax deductions for student loan interest and even adds a new tax affecting students eligible for fee waivers applied to higher education.

The new bill considers any waived tuition to be taxable income, thus significantly decreasing the benefits students receive from possessing such a tuition waiver. Such a tax is seen by many as a direct attack on students’ accessibility to higher education, as thousands of American students rely on such waivers to pay for college. This new bill especially affects those whose parents pay for their education using fee waivers earned by working at a university.

For many of these students, fee waivers are the only factor making higher education seem realistically attainable. Facing the possibility of student loans leading to insurmountable debt, students who are taxed on these fee waivers are much more likely to give up on the idea of going to college.

Furthermore, it eliminates one of the most accessible options low income parents have to be able to work to provide their children with a college education.

Another group especially affected by the bill is that of graduate students who work long hours as researchers and teaching assistants in order to cover the expenses for their education. Since grants are generally much harder to obtain for graduate students, these tuition waivers are the only way that many can afford to pay for their degree.

Students who qualify for fee waivers are often those who cannot afford to pay for tuition on their own. Therefore, by taxing fee waivers, the bill is taxing money that students do not have and further ensuring that they will never acquire it. In this way, taxing fee waivers essentially defeats the purpose of even offering them.

Some of the main entities affected by this bill are big businesses and the top one percent of the population, both of whom are allowed to reap its benefits.

The average American will not see much change in the taxes they pay until 2023. Some of the wealthiest Americans will benefit from estate taxes now being applied to assets only over $11 million as opposed to the previous $5.5 million. Big businesses also benefit from the maximum tax rate being decreased from 35 percent to 20 percent. Small businesses receive a smaller benefit through a 39.6 percent to 20 percent maximum tax rate decrease.

In contrast, the average American will see little difference in the taxes they pay until 2023. However, tax deductions applying to moving expenses, theft or loss of valuables, and medical expenses are all eliminated.

While its attack on access to universities is only a small part of the bill, it is sure to produce strong reactions from students, staff and faculty here at Pacific, as well all those involved in the pursuit of higher education across the United States.
How to Give Back this Holiday Season

Natalia Gevara
Opinion Editor

There is a reason why the last part of the year is called "the season of giving." In a time where many of us revel in the company of our loved ones with a roof over our heads, we have to remember that others aren't so lucky. With that being said, there are many ways that you can give back during the holiday season.

One of the best things you can do is get involved with your local Emergency Food Bank. You can donate online, or you can give cans to a food drive happening in your area. The website has an event page for those looking for some hands-on involvement, so perhaps give that a try by visiting www.stocktonfoodbank.org.

Knowledge and literacy are incredibly valuable, so try giving some of your books to your local library. Perhaps be on the lookout for some local book drives, or buy a new copy of your favorite childhood book to donate.

Many children don't always receive an abundance of gifts for Christmas, but Toys for Tots aims to change that. Toys for Tots is active throughout the United States, and aims to give to less fortunate kids within your own community. If you're looking to give back this holiday season, pick up some brand new toys at your local Target to donate to the cause.

Don't forget about your furry friends during the cold winter months. Try donating or giving time to your local animal shelter. After all, it's for a good cause, and you might be able to play with some puppies looking for a home.

There are also ways to integrate generosity into your everyday life. Maybe pay for the coffee of the person behind you in the Starbucks line. Bake some holiday treats to share with your neighbors. Or maybe try complimenting someone at least once a day, because there is definitely enough kindness to go around.

In the season of giving, no act of generosity is too small. Whether you want to give a gift to the stranger sitting next to you in class, or you want to donate to a bigger cause, it all contributes to the feelings of good tidings and holiday cheer.

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Review: Justice League Proves Heroic Teamwork Prevails

Henry Greenthal
Contributor

"Justice League" is the fifth installment in the unofficially named DC Extended Universe. The film itself had been plagued by several behind the scenes problems, most notably the exit of its original director, Zack Snyder, who had departed due to the tragic passing of his daughter, with Joss Whedon of "The Avengers" fame taking the helm for the film's reshoots.

That combined with a studio mandate to keep the film within a two hour runtime just seemed to spell disaster. But does "Justice League" power through?

The movie starts with a breakneck pace, moving back and forth in an effort to tie multiple story threads into one pleasant-looking braid. We are introduced to our main players in a rapid fire succession, given just enough time to get an idea of what they are about before moving on to the next thing.

The first half of this film is littered with instances of relatively sloppy writing, thrown at the audience with a "just go with it" attitude. We're shown characters, some familiar and some new, with very small strands of connection to the overall plot. However, the structure of the film has very little difference with that of the first "Avengers" movie, with a building first half and a more action oriented second half.

The second half is where this movie begins to shine. With the team assembled, the action and banter between characters are able to take over and distract from an overwhelming plot. While the pacing does slow more in the second half, it does little to save the film from its restricting runtime, which leaves the audiences wanting more, for

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JUSTICE LEAGUE

THE PACIFICAN

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Opinion

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Tips to Avoid Politics During the Holidays

Natalia Gevara
Opinion Editor

The holidays are meant to be defined by generosity, gratitude, and enjoying time with family and friends alike. However, it can be difficult to deck the halls with boughs of holly when there is a new political scandal almost weekly. Times are tough, and if you don’t want your dinner table to be as divided as this country, there are a few ways you can avoid the topic of politics this holiday season.

No matter where you stand on the political spectrum, chances are, there is at least one person in your family who stands on the opposite side. Or perhaps, maybe you’re the stand out liberal in your very conservative family. Such a situation can be especially dangerous, but the best thing that you can do on your own is steer the conversation towards friendly, neutral topics.

For example, talk about movies and television. Maybe discuss which horror movie you thought was the best this year, or rave about season two of "Stranger Things." Or talk about the hits and misses of the new superhero films that came out this year. Each topic can go off one tangent and lead to another, and as long as they’re completely unpolitical, you’re in the clear.

Many college students dislike the typical holidays questions from relatives, such as “How is school going?” Or maybe, “Do you have a boy­friend/girlfriend?” Although you might not enjoy delving into your personal life to your extended family, it is a whole lot better than rising tensions from political disagreements. You don’t have to go terribly into detail, but it is within the safe zone.

Additionally, don’t bring anything up that could lead to political discussion. This includes topics of race, sex, orientation, and religion. You might try to bring up the NFL, but perhaps your uncle will begin talking about how the players need to stand for the national anthem, so think ahead before mentioning anything.

Furthermore, don’t be afraid to take control of the conversation and steer it into safe territory. If you have a very opinionated sibling, they might unwisely bring up their extremely liberal views in front of your equally as opinionated conservative grandparents. If such an event occurs, try to quickly bring up a different topic, and give your sibling a kick under the table. You might agree with them, but is it really worth a heated argument over your Christmas dinner?

If you and your family are gathered where a tv or radio is on, try to make sure it isn’t on the news station. Any volatile topic could come up and bring down the mood, which is not needed when unwrapping gifts with the family.

If worse comes to worse and political discussion cannot be avoided, do your best to remain civil and respectful of your family members’ opinions.

There is a good chance they’re just as sick of politics as you are, and it might not be a complete battle. In the meantime, do what you can to keep the conversation friendly so there are no bad memories to be made this holiday season.

Justice League

CONTINUED FROM PAGE 4

better or for worse. This is a film that could have definitely benefited from at least fifteen minutes of additional runtime, as could its supremely weak villain, portrayed by Ciaran Hinds, who dances the line between generic and large ham, where it becomes super apparent that he should’ve gone with the latter.

The main cast is what makes the film. As anyone who has seen “Wonder Woman” earlier this year will tell you, Gal Gadot owns the role of the Amazonian Demi-God, and this film is no exception to her ownership of the role.

Ben Affleck returns as the Caped Crusader with much, much less passion than what he brought to his previous outing as Batman, making him easily the weakest member of the main cast. Ezra Miller makes his mark on the scarlet speedster, giving The Flash a youthful and energetic perform­ance that will either have you laughing, groaning, or a bit of both. Newcomer Ray Fisher shows he’s big screen material with his more subdued and emotionally charged character.

Jason Mamoa gives a performance that leaves one wanting more, which is only excusable as his movie arrives late in 2018. Superman could be discussed next, but, as Batman vs. Superman showed us, he’s dead. Just super dead.

As dead as Loki was. As dead as Gandalf was. One hundred percent dead.

Overall, the cast worked well off each other, with chemistry, interactions and banter being the sweet fuel the film runs on. Watching the film felt just like watching an episode of “Justice League: Unlimited” when you were younger, early on a Saturday morning. You laughed along with the characters and were entertained by their episodic adventures.

However, therein lies the greatest weakness of “Justice League.” It is just that: an episode. Nothing here just screams “movie” or truly demands a big screen treatment. Danny Elfman’s score that runs in the background lacks anything that makes it stand toe-to-toe with “The Avengers.” The movie plays out like a pilot episode, introducing key characters with a plot that has no real lasting consequences before wrapping up with a neat bow in an “and the adventure continues” without any real sense of finality, ready for the next episode to pick it right up.

Though, it’s not the worst resolution in a film this year (see “The Snowman”), as it still offers some bit of closure to the current arcs of these characters.

Yet, just like a well-crafted pilot episode, once it’s over, you’re ready to see where the next adventure takes these characters. You want to see these characters again, either in their own movies or teaming up once again, and in that area, the characters of DC have scored a victory.
How to Relieve Stress During Finals Week

Scarlett Green
News Editor

For college students finishing up the first semester, the only thing standing in the way of holiday-themed, home-cooked meals, freedom from homework, and finally being able to shower barefoot, is finals week. Finals week is typically dreaded by students due to the immense amount of stress that comes along with it.

This is especially the case for students who may have professors who count only the final grade for students who may have professional work included in their semester grade, therefore putting even more pressure on a student's ability to test well. In order to keep overwhelming anxiety at bay, consider some of the following tips.

One of the most important factors affecting stress level is one's level of preparation. Simply scheduling an intense last minute study session provides the brain with less time to absorb the information. Additionally, last minute cramming provides you with inadequate time to ask questions about information you might not understand, thus leaving you feeling unprepared and even more stressed.

In order to eliminate excess stress, form study groups or set aside time for independent study well in advance of the final. By studying in advance, students may need only a short review session to focus on topics that are more difficult during the night before the test.

Another way to reduce stress is through physical activity. According to the Anxiety and Depression Association of America, exercising produces endorphins in the brain that act as natural painkillers and stress relievers, eliminating stress-activating hormones like cortisol. Even working out for five minutes at a time can aid in stress relief and one's ability to concentrate. With this information in mind, consider taking a jog outside or maybe doing a few jumping jacks during your study breaks. This can help to clear the mind, promote focus, and even alleviate some excess stress when returning to work.

With all the many responsibilities and test dates floating around students' heads, it is easy to become overwhelmed and to fall into a state of perceived helplessness. To solve this problem, one more simple method you can use to reduce stress is making lists. By merely writing down a list of tasks that must be completed in order to reach a goal, you will find that your thinking becomes more organized and that you can more easily come up with a strategy to tackle each assignment. Once this plan is formed, you will feel more in control of your workload and, therefore, significantly less stressed.

Stress can be difficult to manage, and there are many different strategies to try in dealing with it. Try implementing these tips, and see if they are helpful to those of you in need of a few stress relievers. Keep in mind that each day is one step closer to a month of sweet relaxation. Good luck and study hard, Pacific students!
Getting Away from Technology in the Modern World

People need to disconnect from their screen and connect with their peers.

Leslie Chan
Lifestyles Editor

People heavily rely on technology for everyday tasks. We take notes on our electronic devices for classes, view each other's lives through social media, and have entertainment at our fingertips. A larger portion of society now have an addiction to something related to technology and are unable to disassociate themselves from the internet.

To detach from virtual cyberspace, we have many activities to participate in reality that are a great way to disconnect with the internet and connect with not only others, but also our true selves. Alternatives to using technology include hanging out with friends, participating in art, or reading.

Hanging out with friends in real life instead of only communicating with them online helps build social skills and form interactions that cannot occur via text or on social media platforms. The extent of interacting online would be liking people's photos or sharing videos with each other.

Spending quality time with other people builds inside jokes and the ability to keep each other company. Taking road trips to other cities and sharing moments with each other builds memories to look back on that aren't possible through a screen. By creating connections with each other, society can become closer and learn from each other.

Art can help people express themselves and make people use their imaginations. Creating art takes time, but requires people to create something that they love.

Inspiration comes from the environment around the artist, so experience lends a hand to artists' creativity. Not only does art alleviate stress, but it allows other people to relate to emotions that are portrayed within art pieces. Different vessels of art include handmade crafts, photography, painting and writing.

Reading books causes people to consider the experiences presented in writing. Readers must interpret situations and use critical thinking to fully understand what books' characters undergo.

Despite not being protagonists in literature, readers may be able to relate to situations that characters are in, or how to deal with specific issues. Information drawn from stories may also be useful to readers, causing application in real life.

Overall, technology may stop people from personal growth due to mindless and idle activity on social media sites.

As social media becomes more prevalent throughout society, judgment of others due to vanity distracts people from making connections with others' true personalities.

Self-development comes to a halt with all the different types of platforms online. The benefits of activity outside of technological use are immense, but people must take it upon themselves to seek out opportunities to engage in interactions beyond our screens.
Sports

Tigers Fall in Turkey Tip-Off Championship

The No. 5 Pacific men’s water polo team had no trouble in the first round of the NCAA Tournament on Saturday, pummeling the Pomona-Pitzer Sagehens 16-2. The GCC Champion Tigers will now move on to the quarterfinals in Los Angeles, where they will take on the No. 8 UC Davis Aggies.

Pacific got the scoring started just nine seconds into the match with a goal by Engin Ege Colak ’20, who took a pass from Kale Ai ’18, and put it in the back of the net after Pacific won the sprint. Devon Thumwood ’18 and Luke Pavillard ’20 each scored later in the first to give the Tigers a 3-0 lead heading into the second quarter.

The Tigers scored again halfway through the second, this time off the arm of Eli Lule ’21. Pomona-Pitzer finally got on the board toward the end of the second quarter, when Joseph Schafer made it 4-1 Tigers. Pacific quickly made up for that goal, as Pavillard scored his second with 39 seconds left in the half.

The Tigers came out roaring in the third quarter. Colak, Andres Schmidt ’20, Thumwood, Ben Stevenson ’18, and Luis Araya ’20 all scored in the third before the Sagehens were able to respond. Keegan Coleman scored for the visitors at the end of the third, putting Pacific at an 11-2 advantage.

The fourth quarter was just more fun for the Tigers, as Araya scored twice more to record the hat trick, and Colak recorded his third goal, as well. Stevenson and Ai also scored in the fourth, and the Tigers ended up winning the first round matchup by a final of 16-2.

Pacific will compete in the second round of the tournament tonight at 7 p.m. at USC in a matchup with No. 8 UC Davis.

Zachary Withrow
Co-Editor-in-Chief

Pacific Rolls Through First Round of NCAA Tourney

The Pacific women’s basketball team went 1-1 over this past weekend at the Spanos Center as it hosted the Turkey Tip-Off Tournament. After defeating the San Jose State Spartans on Friday, the women fell in the tournament’s championship game to the Brown Bears.

Friday’s contest was marked by a hot start for the Tigers, as they jumped out to a 21-6 lead by the five minute mark of the first quarter. The Spartans responded toward the end of the first quarter. Mostly keeping San Jose at a distance for most of the opening quarter, and trailed by eight by the end of the first. The women kept grinding in the second quarter, and kept it at an eight point deficit heading into halftime, thanks to Li’s three-pointer at the buzzer.

Blakeslee grabbed the rebound with seven seconds left, then swung it to Li, who sprinted upcourt and heaved up a shot that hit nothing but net.

The Tigers got off to a slow start out of the break, as the Bears scored eight straight points before Pacific stopped the bleeding with a bucket by Luau-Summers. Still, the Tigers couldn’t get anything going offensively in the quarter, scoring just nine points in the third. It was much of the same for the women in the fourth, and they eventually fell by a final of 74-57.

The Tigers were led in scoring by Luau-Summers, who recorded 11 points, four rebounds, three assists, and five steals. Li, Finnie, and McDavid each pitched in 10 points, and Blakeslee led the team with eight rebounds.

The Tigers now stand at 3-2 this season. They will next face on the Lamar Cardinals tonight, at 7 p.m. at the Spanos Center.

The Tigers maintained the lead throughout the second quarter, mostly keeping San Jose at a distance of about ten points. However, at the halfway mark, the visitors rattled off seven straight points to get within three of Pacific, capped by a layup from Mikaylah Wilson.

The Tigers responded quickly, as GeAnna Luau-Summers ’18 took the inbound pass upcourt and found Jessica Blakeslee ’20 for a corner three. Luau-Summers followed up that assist with a steal and an easy bucket on the ensuing Spartan possession, giving Pacific some breathing room. By halftime, the Tigers had a 59-48 advantage.

San Jose State came out ready to fight in the second half, preventing the Tigers from going on runs that would stretch the lead to double digits. As time wound down in the third quarter, the Spartans found themselves with their first lead after a layup by Courtesy Clark made it 80-78.

The Spartans maintained a small lead for most of the fourth quarter, but a Desire Finnie ’18 layup with 3:53 left tied the game at 90. From that point on, good defense and some clutch scoring from Finnie, Luau-Summers, and Ameela Li ’19 secured a 106-97 win for the Tigers.

Finnie, for her part, contributed 22 points, six rebounds, one assist, and one steal.

Luau-Summers also made her presence known with 21 points, five steals, four assists, and two rebounds. Brooklyn McDavid ’21 had a strong showing off the bench, pitching in 11 points, nine rebounds, one assist, and a steal.

With Friday’s victory under their belt, the Tigers set out to win the tournament on Saturday in the championship game against Brown. It was not meant to be for Pacific, though, as they fell 74-57 to the Bears.

The Tigers’ scoring output against the Bears was a stark contrast to how they had fared on offense up to this point in the early season; Pacific had scored 80 points or more in four of their first five games.

Pacific kept within striking distance for most of the third quarter, the Spartans responding toward the end of the third before the Sagehens were able to respond. Keegan Coleman scored for the visitors at the end of the third, putting Pacific at an 11-2 advantage.

The fourth quarter was just more fun for the Tigers, as Araya scored twice more to record the hat trick, and Colak recorded his third goal, as well. Stevenson and Ai also scored in the fourth, and the Tigers ended up winning the first round matchup by a final of 16-2.

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PC: Meghan Laurel Photography