College of the Pacific welcomes new dean

Rena Fraden

The professor from Connecticut will be starting her new position mid-March.

Jason Jeffrey
CONTRIBUTING WRITER

A round 11:45 p.m. on the night of Friday, Jan. 11, students and their families received an influx of phone calls and emails regarding a lockdown on Pacific's campus. A man, described as having dark skin and wearing dark clothes and red basketball shorts that may have been involved in an armed robbery of a bank on West Lane, overturned his car on the corner of Pacific Ave and President's Drive. With possession of a handgun, the suspect made his way onto Pacific's campus.

According to a statement released by Pacific's Public Safety, around 9:44 p.m., officers responded to a report of an auto accident that occurred at the intersection of Pacific Ave and President's Drive.

A Pacific shuttle traveling on Pacific Avenue observed a Chevrolet Blazer moving at a high speed hit the side walk and roll over. The driver of the shuttle then saw the driver of the Chevrolet run onto campus.

Officers Park and Teng arrived quickly to the scene and found a passenger who appeared intoxicated. Medical assistance was summoned for the passenger, and the Stockton Police were notified of the crash as it was under their jurisdiction. The police found a bag full of a large amount of cash and a rifle in the back seat of the car. The passenger notified the police that prior to the accident, the driver showed her a handgun on his waist band. The handgun was not found in the car, prompting the police to launch a full investigation and lockdown of Pacific's campus in search for the suspect.

Director of Public safety, Mike Belcher was notified, along with Associate Vice President of Student Life, Steve Jacobson and Media Relations Director, Patrick Gilbin. Immediately, Pacific Connect—Pacific's university-wide emergency alert system—was implemented. Students were continually updated of the status of the campus search by phone and email until 1:11 a.m., when the lockdown was lifted.

The suspect was later apprehended after an extensive search of the campus and residence halls by Public safety, Stockton police, and Delta College police. Students were cautioned to remain indoors and keep all windows and doors locked. Evidence of footprints leading to the fence of the President's backyard suggests that the suspect climbed the fence into the parking lot behind and escaped toward the levee area.

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Pulitzer-winning journalist speaks on campus

Christian Oatman
OPINION EDITOR

If you turn on the news or skim over the front page of a national newspaper, most likely all the stories will be about something going on in the United States. Pulitzer Prize winning journalist and writer Nicholas Kristof has made it a mission to end American ignorance about people living outside its borders. He will give a speech about "What Americans Need to Know About the World" on Feb. 25 at 6:30 p.m. in the Faye Spanos Concert Hall. His speech is part of the biannual Gerber Lecture Series, which focuses on international issues and topics.

Kristof has worked as an opinion columnist for the New York Times since 2001, and has co-written three books with his wife, Sheryl WuDunn; these included: Half the Sky: Turning Oppression into Opportunity for Women Worldwide; China Wakes: The Struggle for the Soul of a Rising Power and Thunder from the East: Portrait of a Rising Asia. He won two Pulitzer Prizes: one in 1990 that he received along with WuDunn for their coverage of the Tiananmen Square protests in Beijing and one in 2006 for his coverage on the genocide in Darfur.

Kristof graduated Phi Beta Kappa from Harvard and, through a Rhodes scholarship, studied law at the Oxford University. He has traveled over 150 countries, all 50 states, every Chinese province, and all the main Japanese islands throughout his career. Ben Affleck produced an HBO documentary about Kristof's career at the New York Times entitled "Reporter," and Kristof was the first member on the NYT staff to create a blog. He started working at the prestigious newspaper in 1984 and started by writing about economics. He has also served on the staff as the Associate Managing Editor.

On his blog, Kristof interacts with his readers and has commented on his comments and the 2012 presidential election. For more information, or to view the full article, please visit: http://www.pacific.edu/Campus-Life/Safety-and-Conduct/Public-Safety-and-Services/Crime-Statistics/Crime-on-Campus/2012-Weekly-incident-Log.html

A warm welcome to new Tigers from abroad

Dominique Anderson
CONTRIBUTING WRITER

The new semester has kicked off and with it we welcome back Pacific's international students - some old and some new and just starting this semester, so we all gathered to give them a warm welcome, especially as it's so cold outside now.

The evening was kicked off with a welcome from International Student Counsellor of Programming, Kathy Cruz-Rodriguez. Introducing all the Pacific international students and also introduced the peer mentorship program which is run by IFS (International Programs and Services).

The program aims to help new international students integrate into university life here at Pacific by having existing international students help guide and mentor the new students as they attend Pacific. To volunteer you just need to contact Cruz-Rodriguez at krodriguez@pacific.edu or (209) 946-2092; this will allow you to get involved and have the opportunity to meet new international students and show them the ropes!

In the evening there was also a guest presenter, Jerry Helman, from the International Life-Stockton organization who hosted the evening events with club president and Pacific international student, Crystal Zhang. Together, they gave a presentation on the work that the organization does and announced up and coming events such as monthly international student dinners, weekly talk time, (which is an ideal place to practice English speaking along with the bonus of free lunch and Bible studies for those who are interested), and many more events.

The organization already has groups in Sacramento which are associated with other universities with the aim of assisting international students in the area. They have started a Stockton group and are inviting Pacific students to join. Anyone interested may contact Zhang at zhangjinrui21@hotmail.com or Helman at jhelman@gmail.com.

After the formalities, everyone sat down to eat the food that had been provided. Following dinner, the night's entertainment started with Salus dancing lessons which were provided to help everyone burn those extra holiday pounds, and with a little encouragement quite a few people got up to dance. The evening ended on a happy note, and most students seemed more relaxed after being able to see some familiar faces and having reconnected with their friends from the last semester.

Women Seriously" and "At Weirwei and the Communist Party." While Kristof's most celebrated work is on international affairs, he also writes about national issues and policies, such as gun control, Obama's cabinet selections, and the 2012 presidential election.
Pay attention to the issues at hand

Mitchell Woerner
STAFF WRITER

For a lot of people, following and getting into politics is their last priority. According to the Pew Research Center, in 2008, only a little over half of the country voted and among youth only 66 percent voted, leaving almost 40 percent of youth not voting. Despite this, it is nothing short of a fact that following and being involved in politics and public life is essential.

Some of the greatest philosophers in the world have advocated political participation. In The Politics, Aristotle says, “He who is without a city through nature rather than chance is either a mean sort or superior man; he is ‘without clan, without law, without hearth.’ Aristotle lays out the case that living alone and not participating in politics and contributing to his, society means you are either either a loner or so superior to man you’re almost a god.

It’s our duty to maintain the city, or in our case, the country. It’s part of the social contract to participate in our democracy. If we do not, our democracy is hurt because of it. We are responsible for our elected officials, whether or not we vote. If we don’t take an active part in our society, we waste our potential. In Hannah Arendt’s The Human Condition, Arendt writes, “A life without speech and without action…is literally dead to the world; it has ceased to be a human life because it is no longer lived among men.”

Arendt means that those who do not actively contribute their voices and their help to our democracy and to our society are deadweight. Society also advocate political participation because he found his own society crumbling without it.

The issues at stake don’t just affect us as students, they affect our parents, grandparents, siblings, friends, teachers, and future generations. Whether the issue is health care, taxes, wars, or bank regulation, we all have something at stake. The massive importance of these issues is simply too great to keep from our eyes, regardless of our level of optimism about our government. Issues like Social Security may not affect us now, but they do affect our parents and grandparents, and will apply to us in the future. As it male, we know a lot and participating takes as little as just calling your Congress representative about an issue that you care about.

I didn’t get into politics because I wanted to, or I had some power obsession. My sophomore year in high school, I went to the Sophomore Immersion Program (S.I.P). We went to the Tenderloin in San Francisco, and we served the homeless and poor at St. Anthony’s Homeless Shelter. There I served, talked, and ate with the people and saw the elderly, the physically and mentally disabled, and children. These were kids my own age, or younger than me. By fate or the flip of a coin, I couldn’t have been the one that was accepting that tray of food rather than serving it. It was then that I realized there was more to life than girls, video games and school. There was injustice in the world that I wanted to change, so from then on I educated myself about politics.

You see, we have an obligation to each other not just as citizens of this country but as human beings. I see optimism and a capacity for love and compassion in each person in this school and the world. I don’t care what political ideology you may have, I just want you to get involved. It doesn’t matter to me whether you’re conservative or liberal. To go out and inform yourself and participate, whether that’s calling your congressmen about an issue you find passionate about or talking to friends and family about the issues. We were meant to engage in dialogue with our fellow citizens. That is why our founders fought for the right to vote. In the United States of America. Every step helps no matter how small.

The children that I saw at the Tenderloin had been forever engraved into my mind. If it wasn’t for them, I may not be writing this right now. I didn’t find it; I had some free time. Politics, my major in political science, this article and every one before it are all the result of the fact that there are people suffering, and I know I can do something to help them. And I know you can too.

Philosophers of old tell us that it is in our nature to be engaged in politics. Not only is it in our nature but it is necessary in order to maintain this country. Issues are as important as ever, affecting each and every one of us, as well as all of our loved ones and those who we hold dear in our hearts. Take a little time out of your day to watch the news, read an article, and engage with others in conversation and other than yourself. But this experience may not be for everyone. I’ve never joined, but I’ve met really great people who are involved in Greek life.

@Haley Hartwick, C.O. 2014

"I think joining a Greek organization can be a great opportunity to stay involved and belong to something bigger than yourself. But this experience may not be for everyone. I’ve never joined, but I’ve met really great people who are involved in Greek life."

@Deyanira Monreal, C.O. 2013

"I don’t think it’s important persay, but it is a great way to make friends and establish relationships. If you find those things difficult, then it may be important for you to join some organization or group, whether it be Greek affiliated or not."

@Andrew Brazil, C.O. 2014

"I don’t think it's important personally, I don’t feel like it’s an essential part of the college experience, but others may think otherwise. Personally, it’s not for me, but it is for a lot of people."

@Nathan Hardin, C.O. 2014

"I wanted to join Theta Tau because of networking with people in my major, but my parents and the people I had an internship with said it was a bad idea."

@Ryan Nish, C.O. 2014

"Greek life has been an amazing addition to my life; I highly recommend it! The sisters I’ve gained have been an amazing support group and truly a home away from home."

The Pacifican
Delta Sigma Theta celebrates its 100th birthday

Danielle Procope
STAFF WRITER

Delta Sigma Theta Sorority, Inc. celebrated a hundred years of sisterhood, scholarship, and service this past Sunday. The sorority was founded on Jan. 13, 1913 at Howard University by 22 women who desired to achieve a positive change on their campus and in their community. As black women they were particularly committed to the women's suffrage and civil rights movements, but their activism extended far beyond this.

Delta Sigma Theta was founded at a time when black people, and even more so black women, did not routinely have access to a college education. It was founded before the civil rights act and before women had the right to vote. Due to this, the founders understood that with their privilege of being some of the few black women who were able to attain a college education there came a responsibility to uplift their community.

They did not take this responsibility lightly. As such the founders' dedication and drive has built the foundation for a hundred years of excellence and service that has not only positively impacted the African American community, but American society at large.

Delta has always been at the forefront of political activism. Delta's first public act was to take part in a women's rights march. Delta was also integral to the civil rights movement. But also more contemporarily Delta is also involved with civil rights issues of our time. This includes supporting the reauthorization of the Violence Against Women act and the protection of Health Care Reform laws.

Delta is striving for positive change in the world at large but also to its over 250,000 members worldwide. Delta is a sisterhood. It is a family. It is where members find their closest friends and supporters. It is where we meet the people who will not only be with us when we graduate, but with us for the rest of our lives.

I am very proud to be a member of this sisterhood. It has allowed me to grow in my leadership abilities and shape my confidence. It has also provided me with a second family since attending Pacific. I am also remarkably proud of the strides we have made as an organization over the past 100 years. I have been a part of Delta for almost two years, and it has already transformed my life. I could not imagine it being any other way. Happy 100th birthday to Delta Sigma Theta Sorority, Inc!
A compliment can go a long way

Ruben Dominguez
SPORTS EDITOR

During the week before finals, Pacific students were, as college students usually are, at an emotional high. With their challenging final exams looming and hours upon hours of diligent, endless studying both behind and in front of them, many students felt the pressure on their shoulders, the worry of what the exam would bring, and the fear of failing. Those kinds of emotions are often hard to relieve and can take a toll on the body and mind.

Then, one day, people started complimenting each other.

On Dec. 8, 2012, the Facebook page named “Pacific Compliments” was created. After becoming “friends” with several dozen student profiles, a status was posted by Pacific Compliments. It simply stated that if anyone had something nice to say about someone to message the Pacific Compliments profile with a compliment and the name of whomever that person wished to compliment (people can also send an email to pacificcompliments@yahoo.com). Pacific Compliments would then post the compliment while tagging the complimented person in the status.

The beauty of Pacific Compliments is that all compliments are anonymous. That means that the person will see the compliment about them, but have no idea who gave them the compliment; that information is kept between the sender and Pacific Compliments. This creates, in addition to happy thoughts about being complimented, an aura of mystery as to who gave the compliment.

The content of these compliments can range from a simple shout-out or wishing someone luck on finals to much more heartfelt messages, which end up being paragraphs about why the person being complimented is amazing.

And to whoever wrote the compliment about me, I offer my sincere gratitude. It makes me feel all fuzzy inside that someone took the time to say those good things about me. Thank you very much.

Here are some examples of the various compliments left for Pacific students:

“To Kurt Lopez. You are going to kick butt at your coop next semester!”

“To Amanda Cendejas, Sarah Hamburg, and Grace Laughlin. You guys make me feel so at home at Pacific. Thank you for being my best friends, and I know we will have many more crazy adventures together :) I love you all!”

“To Beatrice Woods, I have never had a friend who cared about me so much, who was so much to me that I can relate to and talk to easily. You are such a true, sincere, genuine friend. And I think we have a lot in common.”

“To Andrew Meyer, I love you.”

Thanks to the timing of the page’s creation and the incredibly good-hearted intentions behind it, the popularity of Pacific Compliments has grown exponentially. As of this writing, Pacific Compliments sits just shy of 3,000 friends (and actually gained seven friends during the writing of this piece). The compliments poured in through winter break and continue to pour in to this day.

No one, except for only perhaps the creator of the page, knows who’s behind Pacific Compliments or why it was created in the first place. What people do know is that everything about Pacific Compliments—sincere and heartfelt messages, anonymity, popularity, and happiness—shows the positive side of Pacific students at its fullest.

To give a compliment to a Pacific student, just search Pacific Compliments on Facebook.
Pacific to bestow Stagg Award of Honor to three

Ruben Dominguez
SPORTS EDITOR

Athletics announced on Tuesday that the university will honor three alumni at this year's Amos Alonzo Stagg Award of Merit Luncheon.

Ces Ciatti '76, Heather Cox '92, and Paul Latzke '65 will be honored in a ceremony on Saturday, Jan 26 from noon to 2 p.m. at the DeRosa University Center.

Ciatti partook in men's basketball from 1953-56. Playing for head coach Van Sweet. Ciatti was named most valuable player of the freshman team back when there was more than one team on campus. Ciatta was a three-year letterwinner and was named team captain for his senior season.

Cox played on the women's volleyball team from 1988-91. As captain, Cox led the team to a Final Four and the 1990 national championship match, where the Tigers finished as runner-up. All of the teams Cox played on were ranked in the top 5 nationally. Cox's broadcasting career is extremely distinguished, as she has worked as a reporter for Fox Sport Net, NBC, the PAC-10 Conference, ABC Sports, and ESPN.

Latzke transferred to Pacific from Menlo College in 1962. Immediately elected captain, Latzke started both on the offensive and defensive lines of Pacific's football team. In 1964, Latzke was awarded the team's "Iron Man" award for most minutes played. Also playing basketball his senior year, Latzke played for the San Francisco 49ers, San Diego Chargers, and Denver Broncos of the NFL.

The Amos Alonzo Stagg Award of Merit has recognized alumni who have participated in athletics while at Pacific and achieved notable accomplishments during their professional careers since 1981. The award is named after former Pacific football head coach Amos Alonzo Stagg, who achieved national reputation as a pioneer of college football.

Men’s basketball wins third in a row

Drew Jones
STAFF WRITER

Officially opening up the second semester on the court, the Pacific men’s basketball team added two wins to their record bringing them to 9-7 overall. Pacific took on the UC Santa Barbara Gauchos on Thursday and the Cal Poly Mustangs on Saturday. These two big wins put Pacific at a 3-1 conference record and earned them the current third place spot in the Big West Conference.

Pacific got off to a slow start in Thursday’s match-up against the Gauchos, but quickly bounced back and took the lead within the first several minutes of the first half. Key first half players were forward Tony Gill '14 and guard Markus Duran ‘15, who both had career-high point scoring games. Gill and Duran guided the Tigers into a decent 13 point lead going into the second half. Coming close to tying the game early in the second half, the Gauchos were not going down without a fight. But ultimately Pacific squashed the Gaucus run and dominated the rest of the game, sending the Gauchos on a long ride home.

The Tigers entered into Saturday's match-up against Cal Poly with a two-game win streak under their Nike Elites. As part of Pacific's Black-Out Night feature, all fans were encouraged to wear black to the game in support of their fellow Tigers. With the crowd symbolizing a sea of darkness in the stands, the basketball team did not hesitate in manipulating their opponent. Guard Lorenzo McCloud '13 scored 13 points, leading the team on the night with guards Sama Taku '14 and Rodrigo De Souza 14 in close second at 10 points. Seemingly an easy close-out win, Pacific did not lose the lead at one time during the game.

Pacific hits the road and heads to the islands of Hawai'i, taking on the Warriors of University of Hawai'i. Their next home game takes place against UC Riverside on January 24th at 7pm in the Alex Spanos Center.

Women's basketball duels with Cal Poly in three-overtime game

Athletic Media Relations

The Pacific women’s basketball team erased a 21-point deficit to force overtime, but in the first ever triple-overtime game for either school, Cal Poly pulled out a 66-95 Big West victory Saturday at Mott Gym.

All five Tiger starters scored at least 13 points, led by Ashley Wakefield's 23. Gena Johnson added 17 on six-of-nine shooting, while Kendall Rodriguez and Erica McKenzie each added 15 points. Kendall Kenyon tallied 13 points and 12 rebounds for the double-double. Rodriguez posted 10 rebounds for her 12th career double-double.

"Cal Poly came to play," head coach Lynne Roberts said. "They competed and did a heck of a job. The first half we were just not very good at either end of the floor. I thought we played a fantastic second half. Offensively and defensively, we were just fearless. I'm really proud of the way we came back and forced overtime. But overall, it's disappointing because we certainly had our chances.

You can point to any number of things: allowing a put-back at the end of regulation, missing free throws in overtime. Doing the little things are critical to win big games.

Ashley Smith scored all of her four points in the second overtime, but the Tigers' five-game win streak was snapped on the road. Pacific falls to 12-3 overall, 2-3 in the Big West. Cal Poly improves to 9-6 overall and 3-1 in the BWC.

The game featured seven ties and five lead changes after regulation ended. All told, the game featured 14 ties and 12 lead changes.

The Mustangs built a 21-point lead just before halftime, but the Tigers erased a 18-point halftime deficit by outscoring Cal Poly 44-26 in the second half. After committing 13 first-half turnovers, the Tigers committed just eight miscues over the next 35 minutes, including a mere two following the end of regulation.

"The Tigers had their chances, but failed to get a shot off on the last possession at the end of regulation and the third overtime, and missed a shot at the end of the first overtime. Cal Poly's Molly Schlemmer led all scorers with 28 points, while Caroline Reeves added 16 and Ariana Elegado 15.

Wakefield connected on a lay-up and a jumper as Pacific took an early 10-7 lead. Each team hit six of their first 12 shots, as Cal Poly took a 16-15 lead seven minutes in.

From there, the Tigers cooled off, as the Mustangs slowed down Pacific's dribble-drive with physical play. The Mustangs used a 12-0 run to take an 11-point lead before Wakefield converted an and-one. Caroline Reeves and Ariana Elegado hit three-pointers as Cal Poly turned in another run to stretch their lead to 21.

After the first holding call, Erica McKenzie hit a pair of free throws with four seconds left before halftime to trim the deficit to 18 as
The Tigers trailed 49-31 at the break. Cal Poly connected on a 54 percent clip in the first half (29-of-55) and the Mustangs forced 13 Pacific turnovers.

Gena Johnson sliced through the lane for two points to open the second half and after a Kenyon lay-in, Rodriguez drained a three-pointer as the Tigers trimmed the gap to 13. McKenzie drained a three-pointer to cut the Mustangs lead to 55-50.

Kristina Johnson scored as the Tigers cut the margin to two, 57-55, before Schlemmer answered at the other end. Down 63-59, Schlemmer and Wakefield traded buckets. After Kenyon’s free throws and a defensive stop, Gena Johnson tied the game at 67-67 with a jumper from outside the lane and left-hand finish.

Poly took the lead with a pair of free throws, but Kenyon knotted the score at 67-67 with a post-up bucket. After the Mustangs split a pair of free throw attempts, Gena Johnson gave the Tigers their first lead of the second half with a jumper from outside the paint.

Elegado answered for Cal Poly, as the Mustangs led 70-69 with 1:23 remaining. Wakefield hit a pair of free throws for a one-point advantage. After a stop on the defensive end, Kenyon put back a Wakefield miss for a three-point margin with 38 seconds left. Schlemmer finished inside, trimming Pacific’s advantage to 73-72 with 30 seconds to go.

Rodriguez hit a pair of free throws, but the Mustangs’ Kayla Griffin put back a missed three-point attempt, and was fouled. Her and-one free throw tied the score with 4.2 seconds remaining. Pacific couldn’t get a shot off before the regulation buzzer.

After a defensive stop, McKenzie drained a three-pointer to open the overtime scoring. Schlemmer’s put-back was answered by Wakefield’s lay-in and after Jonae Ervin connected with a jumper off the glass for Cal Poly, Gena Johnson’s jumper restored the three-point lead for Pacific.

But the Mustangs responded with Reeves and Schlemmer scoring on lay-ups for an 83-82 lead with 1:25 remaining in extra time. Johnson tied the game with a free throw and then blocked a shot on the other end. Poly’s Nikol Allison missed two free throws with 29 seconds to go and the Tigers came up empty on their final shot of the first overtime.

Smith’s first points of the game came in the second overtime to give the Tigers the lead. Reeves answered by backing down a defender to lock things up at 85-81. Smith tallied again off a feed from McKenzie, but Elegado replied with a jumper.

Cal Poly was put on the line and with a lead of a pair of free throws with a minute to go, but Wakefield spun and hit a jumper from the paint to tie the game at 89-89 with 45 seconds left. On the defensive end, Pacific tied up Cal Poly inside, but the Mustangs retained it via the possession arrow. Wakefield’s steal at mid-court prevented a Poly attempt for the game-winner.

“AJ [Ashley Smith] did great in the second overtime,” Roberts added. “She’s a senior and she played like one. After [Kenyon] fouled out, she came in and gave us the offense that we needed and then had a big defensive stop at the other end to help us get to the third overtime.”

In the third extra period, Wakefield and Reeves traded drives to the hoop, and Rodriguez hit a pair of free throws for a 93-91 Pacific lead. Elegado’s transition bucket knotted the score at 93-93, but McKenzie took it to the basket to put the Tigers back up top.

But amid a scrum in front of the Cal Poly basket, Ervin was fouled with 8.8 seconds left, and hit both free throws to take a 96-95 lead. The Tigers couldn’t get a final shot off, as Wakefield was smothered in the paint and the Tigers called timeout with 1:7 seconds to go, and the inbounds pass was batted lose at time finally expired with an imbalanced score.

Pacific falls to 5-2 in multi-overtime games, and 20-23 in games decided by a single point. Rodriguez set the Tigers program record for most minutes in a game with 53, while McKenzie finished with a second-most 52.

The Tigers are back in action Thursday, at home at the Spanos Center against Hawai’i at 7 p.m.

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**Working out and avoiding the chilly winter weather**

**Jenna Graves**

*Staff Writer*

As you all may have noticed during this time of year, it’s been too damn cold outside. It’s either raining, windy, or bone-chillin’ freezing. So if you are one of those people who can’t handle this weather, you can still stay indoors and fulfill your regular workout without mother nature ruining your precious exercise time because you don’t want to step foot outside. Make your residence hall or apartment into your own personal miniaturized Baun Fitness Center! There are plenty of alternatives to turn your ways of living into your ways of exercising.

Here are some helpful little tips to accomplish your workout without having to even step out the door.

1. Put those stairs to use more than usual and not just walk, but run up them. You’ll be breaking a sweat in no time. This in a way can replace your running you would do at the gym on the treadmill or outside for a run.
2. While you’re brushing your teeth, do wall sits. It’s a perfect way to kill two birds with one stone. Toning both those leg muscles and your teeth.
3. You are still able to watch your favorite TV show if you want to squeeze a workout in. Do some crunches, maybe some lunges, and even some jumping jacks to boost your cardio while maybe watching Spongebob. You can even step out the door.
4. Put your desk to use besides doing homework. Shape your arms with a challenging variation of the standard push-up. With your desk up against a wall, place your hands on the edge of the desk. Slowly lower your chest down, bending at the elbows. You’re about 6 inches from the desk. Push your body back up to the starting position and there you have it, a simple and easy workout.
5. Especially for you guys, you can install a pull-up bar in the doorway of your room to work those muscles of yours.

(6) Ladies, or even men, yoga is a perfect way to improve your balance and flexibility. And it’s also fun so grab your hall mates or roommates and get an exercise together.

I hope this tips will be helpful for when you decide to spend your workout inside and away from this chilly winter. Stay warm and stay active!

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**PACIFIC SPORTS SCHEDULE**

**HOME GAMES IN BOLD**

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<th><strong>M. BASKETBALL</strong></th>
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<th><strong>W. SWIMMING</strong></th>
<th><strong>M. VOLLEYBALL</strong></th>
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<td>@ Hawai’i</td>
<td>@ CSU Northridge</td>
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<td>MPSF Championships</td>
<td>MPSF Championships</td>
<td>vs. UC Santa Barbara</td>
<td>Pacific Invitational</td>
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<td>Long Beach, Calif.</td>
<td>Long Beach, Calif.</td>
<td>vs. UC Santa Barbara</td>
<td>Stockton, Calif.</td>
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<td><strong>Feb. 2</strong></td>
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<tr>
<td>vs. UC Riverside</td>
<td>@ UC Riverside</td>
<td>vs. UC Santa Barbara</td>
<td>vs. UC Santa Barbara</td>
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<td>Pacific Invitational</td>
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<td>7 p.m.</td>
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<tr>
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<td><strong>Jan. 25</strong></td>
<td><strong>Feb. 25</strong></td>
<td><strong>Feb. 20-23</strong></td>
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<tr>
<td>vs. UC Santa Barbara</td>
<td>Pacific Invitational</td>
<td>vs. UC Santa Barbara</td>
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**Chicago Tribune**

There are several different kinds of ways to stay in shape without venturing outside into the cold.