The power of education and social empowerment

Christiana Oatman
OPINION EDITOR

Nicholas Kristof has traveled the world and written about his experiences in multiple books and in his Pulitzer-Prize winning columns in The New York Times. He shared his experiences and the lessons he has learned with students at Pacific on Monday at the Faye Spanos Concert Hall.

"I am a huge believer that one can increase their learning by studying abroad," he said. "Colleges and universities usually aren't good at exposing people outside their comfort zones. Go to challenging, tough places." He explained that these places don't necessarily have to be abroad; he named parts of Stockton and Oakland as examples.

He emphasized the importance of how foreign travel benefits more than just the individual traveler. "Travelers] learn things to make American policy wiser. Too often, American government doesn't perceive how the rest of the world will view their actions. If more people have been out of their depth, they would sense that our actions would be perceived differently. World issues are more complex and subtle than they seem when discussed on cable news," he explained.

Kristof told the audience that they were "fortunate in the lottery of birth" because of their national and socioeconomic privileges. He noted how much inequity there is in the world and argued that those who are most privileged have a responsibility to those who aren't.

"We have a responsibility to give back, find perspective and change the world in some way," he elaborated. "People ask 'why should I care?' When you have been to impoverished areas, you don't ask that question." He gave examples from his own travels about the existence of world suffering and some ways in which it's getting better. The number of women who die in childbirth has dropped from 550,000 to 350,000. Since the 1990s, the number of people who live in extreme poverty (living on $1.50 or less a day) has decreased and is expected to be extremely small in the next few decades. Epidemics that cause blindness, such as "river blindness," have been treated by cheap medication. Kristof's book, Half the Sky, which he co-wrote with his wife, Sheryl WuDunn, focuses on women's oppression and empowerment worldwide.

In his lecture, he focused on increasing women's education and said that education is the "backbone of social empowerment." He emphasized that increasing educational opportunities benefits not just individual children (especially women and girls) but the whole community. More educational opportunities lead to more labor opportunities, which benefits the local and national economies. These increases empower individuals, communities and nations who are usually ignored in international and macroeconomic discussions.

Not only can they help other individuals or other communities, but also by helping others, people help themselves. "Find a cause and change the world in some way," he said.

Abdul-Jabbar
On-court legend and noted historian

Ruben Dominguez
SPORTS EDITOR

Legendary basketball player and best-selling author Kareem Abdul-Jabbar spoke at the University of the Pacific's Faye Spanos Concert Hall on Tuesday, Feb. 26 as part of the 2013 Black History Month celebration.

One of Abdul-Jabbar's main points was the lesson of teamwork learned during his basketball career. "Each of us might feel as frail as a stick as individuals, but when we get in our communities and we have the support of our community, we are a great people," he said.

Abdul-Jabbar spoke about growing up in Harlem in New York City, which he referred to as the "showcase for black America," discovering his love of black history and history in general in between his junior and senior year of high school.

"This isn't black history," Abdul-Jabbar said. "It's American history. We need to take that mentality and share it with our neighbors and our fellow citizens in a positive way, with a smile on our faces and pride in our hearts, so we can get to that point."

Abdul-Jabbar also related information from his book, What Color is My World? The Lost History of African-American Inventors, which details the importance of African Americans in the creation of inventions such as the potato chip and light bulb.

"Having the opportunity to share that with people like yourselves," Abdul-Jabbar addressed the audience, "it's awesome."

Pacific Provost Maria P. Pallavicini and Heather Knight, president of Pacific Union College, were among the hundreds of attendees to Abdul-Jabbar's speech.

At the conclusion of his 45-minute lecture, Abdul-Jabbar sat down for a "Question and Answer" (Q&A) session. People in attendance asked Abdul-Jabbar a list of questions ranging from his thoughts on today's popular culture and the participation of young people in politics to his experiences playing sports as a child.

Abdul-Jabbar's speech is the second major speaking presentation at the 2013 Black History Month celebration. On Feb. 7, Grammy award-winning singer Anthony Hamilton both lectured and performed in front of an audience at Pacific. Feb. 15 also saw Anita Wilson and JJ Hairston and Youthful Praise perform as part of Gospelfest. The theme of 2013 Black History Month is "At the Crossroads of Freedom and Equality".

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Public Safety

Weekly Report
Feb 10 - Feb 16

Burglary
Off campus, Feb. 10
A victim reported that her ex-boyfriend had possibly stolen her iPad from her home. An officer responded and initiated a report.
Update: The suspect was later located on campus in possession of the stolen property. He was arrested on an outstanding warrant and transported to the county jail. The stolen property was returned to the owner.

Warrant Arrest
Pacific Ave, Feb. 11
Some officers responded to a report of a male subject in the area with a machete. The subject was arrested for outstanding warrants and other violations.

Theft
McClode Center, Feb. 11
A victim reported that his locked bicycle had been stolen. The victim reported finding the lock secured and still attached to the bike rack and stated that he is the only one with the key. The officer responded and initiated a report.

Burglary Tools
Baun Hall, Feb. 14
Officers responded to a report of a suspicious male in the area. The subject was arrested for possession of burglary tools and transported to the county jail.

Auto Burglary
Parking Lot 3, Feb. 14
A victim reported that his vehicle had been burglarized while parked in the parking lot. The victim’s backpack was stolen with a laptop and other items. The officer responded and initiated a report.

Noise Complaint
Telegraph, Feb. 16
The sheriff's deputy flagged down officers to report a loud party involving Pacific students. Public Safety officers responded and shut it down.

The Pacifican would like to apologize to readers who will be disappointed that the public safety logs are repeated from last week. Due to unanticipated events, we were unable to acquire the weekly incident log but expect to have it by the next issue.

Pacific 2020: The strategic plan

Christian Oatman
OPINION EDITOR

Pacific 2020 is a strategic plan put together by President Eibeck and other administrators to ensure Pacific’s future. On Tuesday afternoon, President Eibeck and members of the Institutional Priorities Committee (IPC) presented their plans for Pacific and its budget and took questions from the audience mostly made up of faculty and staff.

Before taking questions, President Eibeck noted that Pacific is currently financially solvent. The school has a small amount of debt that comes from investing in capital projects and constructing new buildings. According to President Eibeck, in response to a question from the audience about the specifics of Pacific’s financial status, Pacific has an A2 credit rating and received high praise from Moody’s, an investment firm and credit rating agency. An A2 credit rating is not the best possible rating but is considered a good rating. Other universities have seen their credit ratings fall in the past few years. Moody’s compared Pacific very favorably to other colleges and universities that have been suffering from much more severe economic problems in the past few years. President Eibeck highlighted an anecdote that when a Board of Regents member found out about the Moody’s review, he proclaimed “Look at this great university! I am so proud of University of the Pacific.”

There is still cause for concern. President Eibeck cited “external pressures” that include a drop in enrollment in law schools across the country, including Pacific’s own McGeorge School of Law. According to President Eibeck and Peg Ciccolini, the chair of the IFC, 95 percent of Pacific’s revenue comes from tuition. Thus, Pacific’s short-term and long-term budgets rely heavily on tuition rates and enrollment figures.

In an email to members of the Pacific community, sent out weeks before the event, President Eibeck mentioned that the costs to achieve the goals of Pacific 2020 will be about $15 million. At the town hall meeting, she said that these figures are still being calculated, but the IPC and other administrators wanted to start with an estimation of a 7.5 percent increase of the budget to ensure financial security and changes that will lead to a better university.

Pacific 2020 is complex. The entire plan can be viewed through the University President website. Key components of it include increasing Pacific’s ability to have more online classes and other technologically advanced programs. Pacific currently is made up of a majority of what Eibeck referred to as “traditional students”, which means undergraduate students who started their college education immediately after or soon after graduating from high school. As part of Pacific 2020, Pacific wants to reach out and recruit more “non-traditional students”, especially part-time workers who want to earn degrees in order to advance their careers.

Pacific 2020 will heavily feature career-centered future-centered components, such as educating freshmen about careers, graduate school, and other opportunities that they can achieve after graduating from Pacific.

“In order to invest in the future, we must relook at how we operate,” Eibeck said. “Reallocations are not easy. We pledge to be open and honest. We want ample opportunities to gather information before presenting [the budget for financial year 2015] to the Board of Regents of April of next year.” The IPC will begin drafting the FY2015 budget after spring break. It is still unclear what cuts and reallocations will be made, but President Eibeck emphasized that these just a few examples that were mentioned by Crane in an interview with The Pacifican.

“We have services and we have programs...some of our services include one—on—on counseling appointments where we can help students by reviewing their resume, conducting mock-interviews with them, and looking at their graduate school statements. We can help with internship research, as well as full-time job search. We do the whole gamut of services as far as the types of interests students might have based on whatever year in school they are,” said Crane.

Students can enroll in Tiger Jobs, an account accessible through InsidePacific where students can go to look for everything from on-campus work-study positions to internships, co-ops, full-time positions and anything that they might be interested in. The CRC also makes available materials and resources on their website, which provide guidance and tips on how to Ace the Interview’ write good resumes and cover letters, and applying to graduate schools.

How soon should students start taking advantage of these tools? According to Deb Crane, it’s never too soon: “As soon as possible—their freshman year—start thinking about things even though they might not know what they want to do long-term. Getting involved in campus, making sure they have a resume developed, updating their Tiger Jobs profile—because employers will sometimes set [employee search] criteria around their internships or job postings based on GPA or year in school, major, whatever it is, values, skills.

Mock interviews and the upcoming annual ‘Your Future is Now’ career fair are...
Kristof lecture

with fewer advantages," Kristof instructed. Giving back doesn't just mean financially, but through volunteering, fundraising, or other hands-on activities. "There is a deep primal pleasure in giving, a selfish benefit to altruism."

Kristof's lecture was part of the Gerber Lecture Series. The series focuses on international issues and is funded in part by Lorraine and David Gerber. The School of International Studies sponsored the lecture, and attendees included former and present Board of Regents members, Lorraine Gerber and President Eibeck. After Kristof's lecture and question and answer session, audience members were given the opportunity to purchase books and/or have books signed by Kristof.
cuts will not affect financial aid programs.

"Financial policies and projects will not be affected. They will only be affected in that we want to improve our policies," Eibeck declared.

"Most universities are going through, this and it is a much, much worse situation. Public universities have had massive budget cuts for the past five years, and after stock market drops, private universities have had terrible cash flows and needed to cut costs. This is not fun, but the organization will come out of it stronger and better," President Eibeck said as a conclusion to her remarks.

After President Eibeck answered questions from the audience, Cicollella presented the FY 2014 budget. President Eibeck instructed the IFC to focus on four specific issues: tuition rate changes, merit raises, mandatory expenses, and the Pacific 2020 strategic plan. Budget numbers relevant to students include an increase in tuition by 3.9 percent and an increase in funded aid by 4.5 percent. The IFC emphasized that this is the lowest tuition increase in years. The IFC also noted a 2 percent increase in merit-based salaries, as well as mandatory and non-mandatory spending.

As of Wednesday, you can view the entire presentation on Pacific’s website. The IFC also recently created a FAQ website about Pacific 2020. If you have any questions, comments or concerns, you can email them at ifc@pacific.edu.

**CRC opportunities**

The forum was set up to resemble a debate setting with the candidates lined up on either side of the stage. On the left were Marcellus Cayton ‘14 and Marselus Cayton ‘14 next to Trust Hilton ‘14 and Hialeah Reyes ‘14. On the right stood Brian Magina ‘15 and Samual Medina ‘16 next to Ehrth Fieldhouse ‘14 and Nicole McCullough ‘14.

The event started with questions asked by a host towards the four groups of candidates. Fieldhouse and McCullough focused a lot of their comments on the improvement of on-campus communication by saying that "knowledge is power" and that the information gap at Pacific must be bridged in order to encourage diversity. The pair focused on their extensive experience and involvement on campus and hoped to encourage better marketing of ASuop services to students.

Magina and Medina defended their platform by arguing that their youth, vitality and their "no quit attitude" is what Pacific needs in ASuop. Ideas they offered up included "no quit attitude" is what Pacific needs in ASuop. Ideas they offered up included the "me at the top" campaign, which would allow for students to be more involved in the decision-making process. They also mentioned the importance of diversity and the need for more international organizations.

The forum continued with questions from the audience and ended with a vote on whether or not to move forward with the ASuop candidates. The vote was 3-1 in favor of moving forward, with Medina and Magina voting yes and Hilton and Reyes voting no.

The forum was a success, with a lot of energy and enthusiasm shown by the candidates. The candidates were able to showcase their platforms and connect with the audience. The forum was a great opportunity for students to learn about the candidates and get involved in the ASuop process.
Celebrating student participation in the ASUop candidate forum

Christiana Oatman
OPINION EDITOR

It’s election season at Pacific. Polls are still open and students are getting emails and verbal encouragement to vote if they haven’t already. There are four candidates running for ASUop president, each with a diverse background and a passion for leadership and for Pacific.

Last Wednesday night, these candidates and their running mates participated in a candidate forum at the Lair. The forum began with four questions asked by the moderator and graduate student, Julie Fontana. After that, candidates could direct questions to each other. Finally, audience members submitted questions on note cards that could be directed to one, many, or all of the candidates.

As the student newspaper on Pacific’s campus, The Pacifican does not make endorsements. The candidates in each of the four tickets range from Greek and not Greek, upperclassmen and underclassmen, and have extracurricular organizations and activities that combined, too numerous to list.

The forum is an important venue for these candidates to not only explain their platforms but engage in a dialogue with both their competition and the student body as a whole. Students asked questions about topics ranging from parties on the weekend to multiculturalism and representation of graduate students. Each candidate emphasized communication and shared student concerns about tuition and other budgetary issues. However, while there are many similarities in each ticket’s platform, there are also many differences.

Fontana encouraged audience members to use Twitter during the event with the hashtag “asuop elections.” The ASUop Twitter account used the hashtag to summarize arguments and statements made by each candidate. Students used the hashtag to ask questions and express concerns or support throughout the forum. The forum lasted two hours, but a large number of questions went unasked and unanswered at the event. At least one student whose question was not answered used Twitter to interact with ASUop about this issue.

To some degree, this is a positive aspect of the forum. It shows that students were engaged in the forum, and are more willing to participate in a dialogue about the future of their student government.

Astronautic guests say reach for the stars

Jose Hernandez is an astronaut, a Pacific alumnus, and a member of the University of the Pacific Board of Regents.

Greg Pitsch
CONTRIBUTING WRITER

After this he received his medical degree from Harvard University in 1994. This man isn’t only bright, but a man who prides himself in his international humanitarian efforts, doing everything he can to make this world improve, such as joining other medical practices in such places as Venezuela, Gabon, and Nigeria.

While sharing his wisdom with those in attendance, Dr. Satcher said, “Risk everything you have, everyday it is there for you to gamble.”

His presentation thoroughly expressed the triumphs that African-Americans have achieved in the late 1970s in astrological exploration. His main points were about his living life without boundaries, and he suggested that we all should live such courageous lives. He shared a video of his experience in orbit on the International Space Station, which showed the whole trip in short clips from pre-launch to their return to Earth.

Robert Satcher Jr., an astronaut, spoke at Pacific last Friday.
Not all student questions answered at forum

ASUOP FORUM
CONTINUED FROM PAGE 5

and the university in general. Perhaps it is even a sign that more students will vote or have voted in the elections this year. Last year, only 23 percent of the student body voted, and that was a major increase from previous years.

However, it is also disappointing for students who wanted their question addressed and never got a direct response at the forum. These students might have left the forum feeling ignored or even censored.

ASUOP later posted these questions on their Facebook page and encouraged the candidates to reply to them using the comments function. Questions included "I believe strong emerging leaders continue work off their predecessors. What work do you plan to continue, and how would you implement those ideas?"; "In your opinion, do you think "went wrong" in this current administration and how do you plan to tackle these issues?"; and, "What will you do about safety on campus?"

Another question was, "In Public 2020, our Strategic Plan, Strategy 3.2 states "Advance the diversity and inclusiveness of the Pacific community." What ideas do you have to support this strategy as ASUOP president and vice president, and how would you implement those ideas?"

The number of readers of the Facebook page is harder to estimate than the number of audience members at the forum. It seems likely that fewer people read candidate responses, and it is apparent that not all candidates responded to each question or even to very many questions that were directed towards all four tickets. There is a difference in how people respond to a question in person versus in writing. It is common knowledge in the journalism industry that in-person interviews are preferable to any other interview form and that the answers that journalists receive in-person are the most genuine. The candidates did a great job responding both on Facebook and in person, but I wonder if students would have felt more satisfied with the answer if they had heard it at the forum in the Lair.

The forum was well organized. The responses were interesting and gave me a better understanding of each candidate's passions and platform. In the future, perhaps ASUOP could hold a second forum or spend more time during the forum taking student questions. As a senior, I've gone to a number of these forums and talked to a lot of potential ASUOP presidents and vice presidents. The same issues come up: school spirit, increasing communication, tuition and financial aid, and safety on campus. Maybe ASUOP could have forums with a focus on specific topics that are common in these elections. That way, candidates can go more in-depth on their platforms in these target areas, and students have more time to ask more specific questions about the issues that they care about the most. Allowing students to have more opportunities to engage in discussion with all the candidates on the ballot will encourage voting participation and allow students to get to know the candidates better.

Why would students care or vote if they feel like it doesn't affect them? By being able to get to know candidates and ask questions about the issues most relevant to them, students will immediately become affected and have a reason to participate in the election. The ASUOP president represents the entire student body to the Board of Regents, President Eibeck and the vice president of student life. The president represents the student body on numerous committees and is oftentimes the only student voice there. The importance of the office and why students should weigh their options carefully cannot be overemphasized.

I hope with events such as the candidate forum, as well as the Pacifcian Voter's Guide, students will be more informed about the candidates and the issues and feel like they will be making a difference on their campus by voting.

The Pacifican

Congratulations to our 2013-14 Sports Editor:

Drew Jones
Take basic safety measures to avoid theft

Christiana Oatman
OPINION EDITOR

I am the first to admit that instead of taking my keys with me when I do laundry or take out the trash, sometimes I just unlock my door or leave it wide open when I walk down to the laundry room to put my clothes in or take them out. I know that it’s not a wise thing to do, but nothing has happened to me yet, and I live in a Pacific apartment building that basically no one on campus knows exists.

However, after hearing the news about Tina Wilson, as well as other similar thieves, I will be more cautious in the future. Wilson has stolen from Pacific students in the past, and usually gets into residence halls by following behind people who use their ID card to get inside. Even after being caught in the past, she apparently thinks stealing from college students in their residence halls is worth potentially getting caught and having even more charges on her record.

I know that I’m not alone in the habit of leaving my door unlocked and that there are many students who leave doors unlocked even longer than for a quick laundry run. It’s easy to get into the habit: you know your neighbors, and nothing bad has happened to you every other time you left your door unlocked. But for every ten or twenty or fifty times that you haven’t been robbed, there might be one time when you have.

Tina Wilson has already stolen items from students in Grace Covell Hall and John Ballantyne. RAs, Public Safety and other officials often remind students not to let anyone in the building that they don’t know, but that’s easier said than done. There have been many times when a fellow resident has lost their ID card and follows me into my apartment building. I usually ask them if they are a resident or are coming in to visit someone, but I don’t usually press them on their story. I feel like even if I don’t know them that it would be rude or mean to refuse them from following me. But it’s better to be rude and safe than polite and robbed.

Get to know the other residents in your building. This is not only for safety measures, but will also help you get to know more members of the Pacific community. Even try to get to know your neighbors’ friends, significant others or family members. If there is anyone who frequents your residence hall or apartment building who doesn’t technically live there, get to know them so that if they are ever hanging outside the building or have lost an ID, you know for a fact whether or not to let them in. Thus, once you know the people who belong in your residence hall or apartment building, it is easier to deny access to people who don’t belong there—and who might have had intentions. If you deny entrance to someone and this person gets angry, violent or acts suspicious in any way, try to leave the situation safely and call your RA on duty and/or Public Safety to report the situation.

Make a habit of carrying your keys and ID card with you. Keep your door locked even when you’re in your room, but especially if you’re not. Whether you’re just taking out the garbage, going down to the laundry room or bathroom, or visiting a neighbor, a robbery can be just as fast as however long you’re going to leave your door unlocked. It’s a cliché, but it’s true: it’s better to be safe than sorry.

It’s unfortunate that we live on a college campus where we cannot trust the people around us. But it’s part of the joys of attending a school in one of the most crime-ridden cities in the country. Keep an eye out for Wilson, but even if she’s caught, be on guard for your safety and the safety of the people around you. If you have any other safety-related questions or suspicions, do not hesitate to contact your RA or Public Safety for more information.

2013 Brubeck Festival
Jazz at Lincoln Center Orchestra with Wynton Marsalis
Also: Tom Harrell Quintet and the Brubeck Brothers Quartet
March 18–23
Various Locations

Tickets and Information
go.Pacific.edu/SpringEvents2013

UNIVERSITY OF THE PACIFIC
2013 Call for Nominations

Faith Davies All-University Leadership Awards

The Faith Davies All-University Leadership Awards aim to recognize the success of Pacific students, faculty, staff, and student organizations. Please acknowledge and celebrate their success through taking time to nominate individuals and student organizations for one or more of the awards listed below.

Stockton Specific:
- DOCHTERMAN OUTSTANDING JUNIOR SCHOLARSHIP
- JESSE MARKS CO-CURRICULAR AWARD
- KAREN DEROSA OUTSTANDING GRADUATE STUDENT LEADER AWARD
- OUTSTANDING STUDENT LEADER AWARD

All Three Campuses:
- ANDERSON Y COMMUNITY SERVICE AWARD
- OUTSTANDING STUDENT ORGANIZATION ADVISOR AWARD
- PACIFIC FUND PHILANTHROPY AWARD
- PACIFIC TIGER AWARD
- PODESTO AWARD FOR EXCELLENCE IN STUDENT LIFE, MENTORING, AND COUNSELING

For a description of each award and the nomination form, please visit http://www2.pacific.edu/commencement.
Submit completed nominations to the Office of Student Life or via email to dandersen@pacific.edu by Friday, March 15, 2013.
Spring Break stay-cationing

Jamieson Car sb

While many may be heading to Vegas, a cruise on the Caribbean, or heading back ing to Vegas, a cruise on the a few students that will be ous plan, here are some op m ay not have some luxuri­ than your friends.

Top five Day or Night Trips:

Calaveras Big Trees Na tional Forest - time: 1 hour, cost- $10 plus the cost of food.

For those of you who have never seen a giant sequoia or a Sierra redwood, a trip to Big Trees National Forest is only about an hour away, and it is only a couple bucks. Walking among the largest living organisms will certainly wow you and be of subject for some great Instagram shots.

Yosemite - time - 2.5 hours, cost- $10 plus the cost of food.

As one of the nation’s top parks, this is a place that ev ry Pacific Tiger must see before they graduate and move elsewhere. Half Dome will amaze you, but be sure to check if there was a snowfall before you go, as you may be required to have chains on your tires. The snow is beginning to melt, so the waterfalls will be back.

Napa - time- 2 hours, cost-how ever much you decide to drink and eat.

This place is known for having some of the best wine in the world and also has views that will take your breath away. Going during the week will mean that you will avoid the crowds. Taking advantage of this will make the experience much more relaxing.

Tahoe - time- 3 hours, cost- depends on how much you ski.

Widely known as one of the prettiest places in the United States, this is a great place to go for an outdoor adventure that can include skiing and any other winter sport. The mountain peaks and the lake are sure to make your friends jealous when they see where you were over break.

San Francisco - time- 1.5 hours, cost- up to you after the $5 toll.

It never hurts to get away and explore the city for a day, or you can spend the night if you want more time. It is a short drive, and there is so much to see that you probably will not see it all in one visit. You are sure to find something new each time you visit, and no one ever disliked a picture of the Golden Gate Bridge.

If the ideas listed above seemed like too big of investments, remember that there is plenty to do closer to campus. Here are a few other options.

SPRING BREAK
CONTINUED ON PAGE 11

Giant redwoods in the Calaveras Big Trees National Forest.

With San Francisco being so close, it’s always a great way to get away.

A class on the impact of online media

Kevin Guico

The music management program of University of the Pacific’s Conservatory of Music collaborated with the communication department recently to offer a one-unit weekend course called The Impact of Online Media. The class was conceived by Music Management Program Director Keith Hatschek and Communication Chair, Qingwen Dong. Practitioner instruc tors were alumni Erin O’Harrar from Linked In and Will Crew of the online advertising firm Kenshoo.

This class helped teach music management, business administration and communication majors alike how to use platforms such as Google and Facebook to create an online advertising campaign. The real challenge happened when the students made actual online advertisements firsthand for the Brubeck Festival, a local clothes screening company, a local spa, and others. Results of the reach and the success of these projects will be gathered and reported by each group in the coming weeks.

One of the most educational parts of the class was outside of the classroom in a Q&A career panel facilitated by Hatschek. The panel included Crew, O’Harrar, independent social media strategist Graham Howes (also a Pacific alum) and online community manager for KQED-TV, Ian Hill. Student's

Upcoming student events

Thursday, Feb. 28
Individual Counseling Sessions with a TIAA-CREF Retirement Specialist 8 a.m - 4 p.m. Library room 4
Poetry Reading with Nathaniel Mackey 7 p.m. WPCC 140
Resident Artists Series - Pacific Arts Woodwind Quintet 7:30 p.m. Faye Spanos Concert Hall

Monday, Mar. 4 - Friday, Mar. 8
Spring Break

Saturday, Mar. 9
Comprehensive Community Health Clinic 8 a.m - 4 p.m. Thomas J. Long School of Pharmacy/ArtUiss Dugoni School of Dentistry

Tuesday, Mar. 12
Tuesday World Forum noon George Wilson Hall, SIS

Wednesday, Mar. 13
2013 Career and Internship Fair 1 p.m - 3 p.m. DeRosa University Center Ballroom
Opera - "The Merry Wives of Windsor" 8 p.m. Faye Spanos Concert Hall

Friday, Mar. 15
Doctor of Physical Therapy Candidacy Luncheon noon - 2 p.m. Thomas J. Long School of Pharmacy and Health Sciences Master class: Christina Mok, 5 p.m. Recital Hall violin

Saturday, Mar. 16
Student Recital Series - Ryan Huddleston, clarinet noon Recital Hall
Shawn Prudhomme, violin 2:30 p.m. Recital Hall
Jason Jeffrey, piano 7:30 p.m. Recital Hall
Igy Lindsay, euphonium 7:30 p.m. Recital Hall

Sunday, Mar. 17
ASCP Senior Prom 5 p.m. DeRosa University Center
Photo journalism on Instagram: **See, snap, post**

Randall Gee

In today’s digital world, it seems that nearly all 1 billion smartphone users have each become professional photojournalists on Instagram. Though that’s obviously not the case, nearly everyone, including myself, likes to post the photos that we think nearly everyone, including myself, really cares about. Unfortunately, there are also the photos that no one really cares about.

Luke Zaleski from GQ Magazine described Instagram in four types of photos; “Look at me! Look at my kids! Ironic signage! And, of course, the Holy Grail of the self-centered universe of polaroid-looking digital pics: ‘The Food Photo.’”

I’m not going to lie, sometimes I personally take a photo, choose the filter, and think to myself, “damn, that’s a hell of a good pic!” Though I know I am no professional and half my photos, like most, were edited so much that they are almost totally different from the original subject, I figured why not get some advice from a professional to give us “Instagram Photographers” some tips to try and make our pictures worth “liking.”

Randall Gee, Pacific’s photographer, explains photography as “a differentiation: a differentiation between ‘a person with a camera’ versus a ‘photographer’. A ‘photographer’, to me, is somebody who is able to capture the liveliness, setting, and emotion in a picture. However, this criteria is not restricted to a $7,000 high end digital SLR, but can be done with a 35mm film, Instagram, or anything in-between.”

I think most of us are just “people with cameras.”

Like many users on Instagram, Randall is a self taught photographer. “I do not claim to be a world-wide expert, but also keep in mind who is following you on Instagram. Does everyone really need to see that you are eating McDonalds? Probably not. So shoot fun with it. Experiment with your camera and the objects that give reference to the subject. I think Instagram is fun- it cuts out all the editing and styling software that can become expensive and time consuming,” Gee says.

National Geographic, which is widely known for their photographs, shared a few tips in their recent newsletter.

1. Shoot what’s important to you.
2. Make the focal point stand out, even if you have to get really close to it. This has become a trend in photography.
3. Framing: Don’t use the camera’s rectangle to frame the picture, but look for other possibilities.
4. Rule of thirds: Off-center composition is effective, and the subjects face is usually in the upper right part of the picture so the viewer’s eyes then travel left, and down.
5. Leading lines: Leading lines help carry your eyes across the image and make the picture feel more three-dimensional.
6. Color: Color blocks and shape can be hard to see sometimes. Squint your eyes and details will blur. The you will see things as masses.

A full ebooklet is available online for free at NationalGeographic.com. At the end of the day, remember to experiment with your camera and the angles, take lots of pictures, and have fun with it.

Being an individual automatically makes the picture unique to your self, but also keep in mind who is following you on Instagram. Does everyone really need to see that you are eating McDonalds? Probably not. So shoot something unique and beautiful.

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**Communicating with cyber space**

Erin O’Harra, Keith Hatschek, Conservatory of Music Dean Giulio Ongaro, Will Crew, Jan Hill, and Graham Howes.

**G.I.V.E.**

Competition Hours: Total Hours

<table>
<thead>
<tr>
<th>Group</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>All Pacific Students</td>
<td>8,938</td>
</tr>
<tr>
<td>Sigma Chi</td>
<td>820</td>
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<tr>
<td>Hmong Student Association</td>
<td>495</td>
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<tr>
<td>Alpha Phi</td>
<td>366</td>
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<tr>
<td>Delta Phi Epsilon</td>
<td>275</td>
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<tr>
<td>Alpha Phi Omega</td>
<td>259</td>
</tr>
</tbody>
</table>

As of 2/25

A record amount of organizations are participating in the G.I.V.E. Competition (Groups Involved in Voluntary Efforts), and out of the 20 organizations competing, we have listed the TOP 5. Keep up the hard work, and remember, it’s always the season of G.I.V.E.-ing!

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**ONLINE MEDIA**

CONTINUED ON PAGE 9

varied questions resulted in the panel sharing a range of insightful tips and advice, the moral of each being start now and work hard.

“The panel portion of the social media class was extremely exciting and inspiring from the perspective of a soon-to-be graduate,” said senior Nicole Sternagel. “I was looking into options for getting into the social media business when I graduated, and listening to Graham Howes speak about his experiences and career in social media really inspired me to invest more of my time and efforts into breaking into that part of the music industry.”

Students judged the class a success, and hopefully it will be a reoccurring one. Within the online world, many new occupations and opportunities have opened up, and this class taught by alumni paved the way for students to become a part of that growing world. Thanks go to Professors Hatschek and Dong for organizing the Impact of Online Media class.
What makes religious identity?

Christiana Oatman
OPINION EDITOR

The Pride Resource Center, located in the Multicultural Center, offers a variety of services relating to the LG-BTQIA community. Students have the opportunity to work there and have a number of tasks, including running workshops. Last Thursday, freshman Eva Tamsky, the Pride Resource Center Outreach Coordinator, presented her research as a workshop entitled Sexuality and Spirituality.

Tamsky emphasized that oftentimes people believe that sexuality and spirituality contradict each other. People, especially members of the LGBTQIA community, are often told that they cannot be sexual and spiritual. Tamsky’s research found this is untrue. People have found ways to celebrate both the sexual and spiritual throughout history and have embraced many different sexual and spiritual identities and attitudes, both today and in the past.

Tamsky researched the relationship between sexuality and spirituality in a variety of religions, such as the following ancient religions: Hinduism, Buddhism, American Indian religions, ancient European civilization religions, Judaism in ancient Israel, and early Christianity.

She noted that in the majority of religions, sexuality was something celebrated and was often depicted in artwork or incorporated into religious festivals. These religious festivals, such as Bacchalian Festivals in ancient Greece and rituals practiced in ancient religions, often featured orgies or other public displays of sexual behavior. Most of the faiths she discussed were open about same-sex relationships. Some, such as the ancient Greeks and some Buddhists, even believed that same sex relationships were superior and created a closer connection to the gods than heterosexual relationships did.

Judaism and Christianity were the first faiths to have more strict guidelines on sexuality and spirituality. In the beginning era of both faiths, many people believed that sex’s main purpose was for procreation and that sex was

Heart health: February is National Heart Month

Alexandra Caspero
CAMPUS DIETITIAN

Do you know the facts on heart disease? Sadly, this is not just a disease of old age. Heart health should be a concern in your teens and twenties since that’s when prevention habits have the greatest impact.

Did you know that women are more likely than men to die of heart disease? This is a trend that has been going on since the early 1980s. Here are four more facts on heart disease, as they relate to women:

1. Young women are having more heart attacks. A recent study found that women are having more heart attacks at a younger age. Women also experience symptoms different than males.

2. You may not have obvious symptoms of a heart attack. In younger women, symptoms include shortness of breath, fatigue, nausea, and back or jaw pain — not chest pain that is commonly associated with a heart attack.

3. Do you have a risk factor? 90 percent of women do, including high blood pressure, high cholesterol or genetic predisposition.

4. Heart disease is the number one killer of women. One in 31 women will die of breast cancer, but one in three women will die of heart disease, according to the American Heart Association.

The good news is that you CAN help prevent heart disease with exercise and a healthy diet plan.

The American Heart Association’s heart healthy guidelines:

1. Eat at least 4.5 cups of fruits and vegetables a day.
2. Eat at least 3 fiber rich whole grains a day.
3. Keep sodium intake at less than 1500mg a day.
4. Reduce sugar and sugar-sweetened beverages.
5. Enjoy at least 4 servings of nuts, legumes and seeds a week.
6. No more than 2 servings a week of processed meats.
7. Keep saturated fat to less than 7 percent of total energy intake.

Wanna get away?

SPRING BREAK
CONTINUED FROM PAGE 9

Lodi: If you enjoy wine or just want a relaxing get away, go explore Lodi and the parks for a little hike along the lake.

Walnut Grove/ Locke: Head into the Delta water ways to see some gorgeous parts of northern California. Some of the towns are very historic and full of very interesting museums.

Sacramento: If you want to commit to the toll or the bigger city, but don’t want to drive to San Francisco, there are plenty of things to do in Sacramento, including great nightlife activities.

If you want something super local, check out CelebrateStockton.com for tons of options that are literally right around the corner and many that most people have no idea about.

What ever you do on spring break, please remember to be safe, buddy up at night, and don’t put anything up on social media that you don’t want your possible employer to see. Have fun, get tan, and go Tigers!
Sexuality meets spirituality

something very private and limited to married couples. In Catholicism, abstinence was emphasized because, as Tamsky explained, “sex was associated with original sin. They wanted to move away from sexual pleasure.” Because of the emphasis on reproduction, same-sex relationships became taboo in these religious cultures.

But these restrictions and belief systems have become more complex over time. Tamsky researched a variety of places of worship that have policies that are welcoming of same-sex relationships—some even going against their denomination or faith’s usual beliefs regarding same-sex relationships. Tamsky found that there were two main external factors that influenced how worshippers in different places of worship thought about sexuality: congregational culture (such as cultural preferences) and how the place of worship, and surrounding community, is organized (such as a hierarchical church system versus a church run completely by the individual congregation).

After Tamsky presented her research, the Pride Resource Center Program Coordinator, Devon Guidoux, presented the Multicultural Center’s Visions Inc. Guidelines for Social Justice Training. This is a list of guidelines to use in conversations and how they have been impacted by issues of sexuality and spirituality. Food and other refreshments were served before the presentation began.

The concepts of sexuality and spirituality are broad and complex. A four-hour and a half workshop on how these concepts intersect is not nearly enough time to cover every contemporary or historical aspect of these two components that are so important to many people. However, Tamsky and the Pride Resource Center created a workshop that planted a seed to allow people to leave more knowledgeable and maybe even more open-minded about the intersections and divisions between sexuality and spirituality, both today and throughout history.
Women’s basketball sets all-time wins mark

Pacific sets new program record with 21 wins in 74-66 victory over UC Riverside

Ruben Dominguez  
SPORTS EDITOR

The Pacific women’s basketball team closed out its Big West Conference home schedule with two wins over the weekend, toppling CSU Fullerton and UC Riverside to improve to 21-6 overall.

This marks the first time in program history that the team has won 21 games and just the third time that Pacific has reached the 20-win mark.

The Tigers looked ready and roaring for the playoffs on Thursday, making a statement with a dominant 81-50 win over Fullerton at the Spanos Center.

Gena Johnson ‘14 led the Tigers in scoring with 16 points. Erica McKenzie ’13 and Shanice Butler ’14 (who totalled a career high) each chipped in with 15 points. Kendall Rodriguez ’13 tallied six rebounds.

Pacific dominated Fullerton in every aspect, not allowing the Titans on the scoreboard until the “12:29 mark in the first half while building a 15-0 lead to 67-41 with 7:14 to play. Two free throws by Johnson pushed the lead to 75-45 with 2:37 to play, and the Tigers cruised to their twentieth win from there.

In the last Big West women’s basketball game at the Spanos Center (Pacific is moving to the West Coast Conference next season), the Tigers walked off the court winners, taking a 74-66 victory over Riverside on senior day at the Spanos Center.

McKenzie and Rodriguez dominated in the home finale, with the former leading Pacific with 15 points and the latter totalling team-highs in rebounds (10) and assists (4). Ashley Wakefield ’13 scored 14 points as well.

Two three pointers from Rodriguez gave Pacific an early 9-3 edge, but the Highlanders closed to tie the game up 11-11 at the 14:01 mark. From there, the Tigers went on a 10-0 run capped off by a layup from Butler. A three-pointer from McKenzie brought the lead back to ten at 34-24 with 3:49 left in the first half. Three quick points by Riverside made Pacific’s halftime lead 37-31.

The two teams traded baskets before McKenzie’s three-pointer pushed the lead to 50-39 at the 13:07 mark. From there, the game stayed close, with both teams trading mini-runs until late in the half. Pacific made its free throws, making history with the program’s twenty-first win on the year.

Seniors Brianna Johnson, McKenzie, Rodriguez, Ashley Smith, and Wakefield were honored at center court during the last game in front of their home fans of their collegiate careers.

Currently, the Tigers stand atop the Big West standings. However, Pacific will have to win out to secure the best chance at staying off Cal Poly (second place) and Hawai’i (third).

Pacific closes out the 2012-13 regular season with a three-game road trip, beginning Thursday, Feb. 28 at Long Beach State (7 p.m.). Following a Mar. 2 battle at UC Irvine (1 p.m.) and the season finale at UC Davis on Mar. 5 (5 p.m.), the Tigers will head to Anaheim, Calif. for the 2013 Big West Tournament, set for Mar. 12-16.

Fourth inning burst powers softball over St. John’s in home opener

Drew Jones  
STAFF WRITER

The women’s softball team hosted St. John’s this past Tuesday for their 2013 season home-opener. They entered into the match-up with a 10-3 record on the season.

Getting off to a slow start, the game remained scoreless until the fourth inning. The Tigers nearly scored in the bottom of the second inning when second baseman Taylor Brink ’16 attempted to score from second base on a hard hit single to right field by center fielder Megan Horn ’13, but she was ultimately tagged out at the plate to end the inning.

Pacific finally broke the game open in the bottom of the fourth when third baseman Megan Allen ’13 suffered a hit to the head by a pitch. She made it around the horn to score on a wild pitch. Pacific followed with five more runs on walks, errors, and RBIs by Allen, pitcher Nikki Armagost ’13, and catcher Amy Moore ’13. Tiders added another run in the fifth inning with a RBI single by Armagost to score left fielder Megan Foglesong ’14 to make the game 7-0. Armagost is only the fourth player in Pacific softball history to score 100 runs and hit over 100 RBIs.

Defensively, Armagost lead Pacific in the circle, giving up zero walks and striking out seven in six innings. Pitcher Carly Mortensen ’16 relieved Armagost in the seventh inning to finish off the Red Storm and close out the game. Pacific scored a decent 7-2 victory over St. John’s.

The Tigers play again this Friday against Nevada and Southern Utah in the Libby Matson tournament, hosted by Pacific, at 2:30pm and 4:45pm, respectively, at the Bill Simoni Field.
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Looking ahead to notable March athletics dates

Jenna Graves
STAFF WRITER

After our men’s baseball showed great effort and sportsmanship this weekend, our Tigers encountered a roller coaster of wins and losses after taking on UNLV and Gonzaga at our own Klein Family Field. On Thursday, Feb. 21, UNLV posted a 9-1 win over Pacific in the opening game of the Pacific Baseball Invitational. Senior DH Tyler Pederson went 1-3 with an RBI for the Tigers.

Challenging UNLV again for Friday’s game, junior Cory Popham hurled a complete-game shutout and senior Jacob Gould added a two-run single as the Pacific baseball team defeated UNLV 3-0. At Saturday’s game, the Tigers fell to Gonzaga, 9-8 with the Bulldogs posting the last of seven lead changes in the ballgame. Senior Dustin Torchio was 2-4 with a pair of RBI.

Bringing the weekend to an close after one heck of a game, Sunday, Feb. 24 consisted of a six-run seventh inning that propelled Pacific to a 9-3 win over Gonzaga as the Tigers scored eight unanswered runs. Freshman Gio Brusa drove in five, including a bases-clearing double and Pederson drilled an impressive two-run home run.

The Pacific women’s softball team returns home after winning back-to-back away games against UNLV and Gonzaga. Senior Dustin Torchio was 2-4 with a pair of RBI for the Tigers.

Six-run seventh inning propels Pacific past Gonzaga

PACIFIC SPORTS SCHEDULE

<table>
<thead>
<tr>
<th>HOME GAMES IN BOLD</th>
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<tr>
<td><strong>BASEBALL</strong></td>
</tr>
<tr>
<td>FRIDAY @ Arizona State</td>
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<tr>
<td>SATURDAY @ Gonzaga</td>
</tr>
<tr>
<td>SUNDAY vs. Arkansas</td>
</tr>
</tbody>
</table>

| **M. BASKETBALL** |
| THURSDAY @ CSU Fullerton | 9:05 p.m. | Titan Gym |
| SATURDAY @ UC Riverside | 5:05 p.m. | SRC Arena |
| SUNDAY vs. UC Irvine | 1:00 p.m. | Bev Events Center |

| **W. BASKETBALL** |
| THURSDAY @ Long Beach State | 7:00 p.m. | Walter Pyramid |
| SATURDAY @ UC Irvine | 1:00 p.m. | Bev Events Center |

| **M. GOLF** |
| MONDAY-TUESDAY @ University of Texas at Austin | 1:00 p.m. |
| MONDAY-TUESDAY @ University of Texas at Austin | 3:30 p.m. |
| MONDAY-TUESDAY @ University of Texas at Austin | 5:00 p.m. |

| **SOFTBALL** |
| FRIDAY vs. Nevada | 2:30 p.m. | Libby Matson Tour. |
| SATURDAY vs. Southern Utah | 4:45 p.m. | Libby Matson Tour. |

| **M. TENNIS** |
| FRIDAY @ Sacramento State | 3:30 p.m. | Rio Del Oro Club |
| SATURDAY vs. North Arizona | 11:00 a.m. | Degerhi Tennis Center |
| SATURDAY vs. Cal Poly | 11:00 a.m. | Degerhi Tennis Center |
| SATURDAY vs. USC | 7:00 p.m. | Degerhi Tennis Center |

| **W. TRACK** |
| FRIDAY vs. Pepperdine | 7:00 p.m. | Spanos Center |

| **M. VOLLEYBALL** |
| SATURDAY vs. Concordia | 7:00 p.m. | Aggie Shootout |

| **W. WATER POLO** |
| SATURDAY vs. Santa Clara | 3:00 p.m. | Aggie Shootout |

| FRIDAY | MAR. 23 |
|-------------------|
| The final Big West Conference schedule begins for the Pacific softball team, as the Tigers begin the first of two straight series at home. Pacific will face UC Riverside in three contests, with the first two scheduled for March 23 (noon and 2 p.m.) at Bill Simoni Field. The final game of the weekend is set for Sunday, Mar. 24 at noon. |
COLD HARD FACT:
21 MEANS 21.

When it comes to Rocky Mountain Cold Coors Light, play it smart. Wait until you're 21.