New perks for res halls

Nancy Tang
STAFF WRITER

Much of the housing selection process for University of the Pacific students is just a routine selection that repeats itself year after year. This year’s housing selection for the 2013-2014 school year happened in three phases: Same Space Selection, Roommate Pull-In, and Open Space Selection. Both the Same Space Selection and Roommate Pull-In have passed.

More recently, Open Space Selection started on Tuesday, April 2 and will end on Thursday April 4. However, in comparison to the past, there are many changes that will be implemented in the coming year that could potentially affect a great deal of the student population. Beginning fall 2013, Cowell Hall, McConchie Hall and Manor Hall will be permanently closed as residential facilities; after these facilities are vacated in May, their future use is at the discretion of the university.

According to Terry Bruniillard, the Executive Director of Housing, Residential and Greek Life at University of the Pacific, “As Housing and Greek Life looks to create a facilities master plan, these spaces were deemed not necessary at this time. As part of the facilities master planning process, we are looking for insight on what type of housing students would like to see. We know that Manor and Cowell were unique types of housing so we are looking for ways to provide different types of housing options than traditional residence halls and traditional apartment communities.”

Another change is Carter House opening up to provide space for sophomore and above Honors students, as it was previously a freshman-only living area; this change was made to allow for the continuation of a quality residential learning community experience for the Honors students residing there. The last significant change is free laundry in all residential, apartment and Greek facilities, a change made by Housing and Greek Life to help offset the cost of education. The machines will still be accessed using PacificCard to verify that a resident of a building; although there will not be unlimited free laundry, a system will be set up to provide a sufficient amount of swipes per resident per semester.

Jamil Burns
STAFF WRITER

On April 2, 2013, Say YES! To Environmental Health and Justice featured four advocates for environmental change. A professor at the University of California, Davis Raoul S. Lévanos presentation outlined central accumulating problems in the Stockton metropolitan area that are currently rising. The first problem he discussed was risky loans and home foreclosures. A member of the community advocate focus group was quoted as saying, “Our Katrina was the housing crisis.” Other problems he outlined were food insecurity, levee instability due to climate vulnerability, unsustainable development, and environmental injustice. He went on to talk about his own project that focuses sharply on physically mapping Stockton’s “risky” neighborhoods using Geographic Information Systems. Risky neighborhoods are defined as areas susceptible to cancer due to air toxicity, food insecurity, etc. Meanwhile, high-risk neighborhoods are those that display more than one of these risks. Lévanos predicted that the risky areas would be in South Stockton, the Faculty Award, the Peggy Rosson Staff Award, the Undergraduate Student Award, the Graduate Student Award, the Community Leader Award, and the Greek Woman of Distinction Award, new category for this year. Winners include Caroline Cox of the History Department (Faculty Award), Allison Dumas (Peggy Rosson Staff Award), Halima Lucas (Undergraduate Student Award), Geori Berman (Graduate Student Award), Danielle Procope and Ashley Frabasillo (Outstanding Greek Women of Distinction Award) and Suzanne Schultz (Community Leader Award).

Before the event, Susan Mora Loyko will speak. Loyko was honored with a Woman of Distinction Award in 2009. She is a retired City of Stockton employee and the Chair of the Puentes HONORS AND AWARDS CONTINUED ON PAGE 2

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Say YES! to Environmental Health and Justice

Christiana Oatman
OPINION EDITOR

There are so many women at Pacific who work hard for their university, for their communities and for gender equality. Today, at 11:30 a.m. in the Vereschagin Alumni House, Pacific will have a chance to honor some of these women at the 12th Annual Women of Distinction Luncheon.

Women are honored through a nomination process and can be nominated in different categories. Any member of the Pacific community could fill out the form at the Multicultural Center and nominate a woman who deserves the award.

Award categories include the Faculty Award, the Peggy Rosson Staff Award, the Undergraduate Student Award, the Graduate Student Award, the Community Leader Award, and the Greek Woman of Distinction Award. Winners include Caroline Cox of the History Department (Faculty Award), Allison Dumas (Peggy Rosson Staff Award), Halima Lucas (Undergraduate Student Award), Geori Berman (Graduate Student Award), Danielle Procope and Ashley Frabasillo (Outstanding Greek Women of Distinction Award) and Suzanne Schultz (Community Leader Award).

Before the event, Susan Mora Loyko will speak. Loyko was honored with a Woman of Distinction Award in 2009. She is a retired City of Stockton employee and the Chair of the Puentes

A full room of attendees at the yearly celebration of Women of Distinction.

SAY YES CONTINUED ON PAGE 2
Philanthropy Week

Karla Cortez
NEWS EDITOR

This week, the Student Philanthropy Council (SPC) hosted multiple events to celebrate Philanthropy Week, which will end tonight at the Launch Party for the Tiger Gift Campaign.

"The week went really well," said Julie Sesar '13, Chair of the SPC. "I was so happy to hear students getting excited about the bows and the t-shirts."

Philanthropy Week kicked-off with what the SPC referred to as Bow Day, where the campus was littered with orange bows that ranged from four feet in diameter to small ones that were only a few inches. All of the bows were placed around campus on buildings and items that were donated to University of the Pacific from donors.

On Tuesday, the SPC encouraged students to stop by a table outside of the DeRosa University Center (DUC) to write a letter to their individual donor to give thanks for their scholarships and time at Pacific.

On Wednesday, the SPC gave out tiger striped balloons attached to little bags of black and orange M&Ms to faculty and staff members that have given back to Pacific's campus.

"To finish off the week, we are excited to invite everyone to the Launch Party tonight. We will be announcing the student representatives for the President Challenge Potato Sack Race and how to participate in the Tiger Gift Campaign," said Sesar.

The President will be participating in the Potato Sack Race with three other faculty and four students. This event will be put on in order to promote the Tiger Gift Campaign hosted by the SPC which hopes to raise $10,000 in donations from students faculty and staff.

The Launch Party will be from 6-8 p.m. in the Lair of the DUC where students, faculty, and staff can enjoy free food and drinks while hearing more about the Tiger Gift Campaign and Presidential Challenge. It will also be the first day the Tigers Supporting Tigers "Everybody loves a Tiger" t-shirts will be given out.

Advocating for change

Central Stockton, East Stockton, and Northeast Lodi. Upon layering the different type of risk maps on top of one another, Liévano discovered that concentrations of people involved in high-risk loans, people living in food deserts, and people living in close proximity to unacceptable levees were highest in similar areas.

Next to present were three representatives for Project YES! Pacific professor Lara Killick began telling the audience that “what is important to our project is that we are Stockton residents. We are proud Stockton residents.” She explained that in order to improve Stockton as a whole, we must improve the pride of city. The YES! in Project YES! stands for Youth Empowered Sustainability. The goal is to improve the health environment of the census tracts involved. The project contained three objectives: to assess the social, economic, and environmental determinants of health, to engage and empower local youth via sustainable research opportunities, and to disseminate the findings to both inform and involve the community. Killick stressed the need to "make changes based on what we find."

Project YES! contains four phases. The first of these steps is to train the youth on the methodology of GIS mapping. Next, a research team will interview community members to get a first-hand opinion of what needs to change. Then the team will disseminate their findings, and most importantly, develop community-led action strategies.

The key factor to the success of Project YES! is in the empowerment of the youth. The project employs a tool called the Built Environment Survey Tool, or BEST, to create a map of Stockton’s “spaces.” Kids would use a GPS device to map specific locations in order to pinpoint areas where there’s gang-related activity. This information would then be collected and made available. Key questions like “who controls the food in each neighborhood?” and “what’s being advertised?” can potentially lead to learning quite a bit about the problems specific areas face. One presenter said, “If a sign says don’t lock your bike here and someone locks their bike there, it makes it seem okay for other people to do the same.” This ties in with the notion that a clean city is important to maintaining a sense of neighborhood pride.

Housing changes

Housing incentives

2000. According to Brouillard, this system was put into place because “National and University of the Pacific research shows that students that live on campus have higher GPAs and are more likely to be retained within the institution.”

They are also more likely to be engaged and connected to the campus community. It is our belief that the residential experience is a critical component to the co-curricular experience here at Pacific."

Although this policy has used academic credits in the past to determine a student’s class standing, changes beginning fall 2013, which does not affect those admitted prior to fall 2013, will use semesters living on campus to determine class standing with respect to on-campus housing. Once a housing contract is signed, cancellations are subject to a contract cancellation fee of $400 before July 16 and $800 anytime thereafter. This year, students were given more time before the fee raised so they could better access their financial aid situations. Students at Pacific must keep in mind the approaching housing deadlines while making their choices for the upcoming year.

Women of Distinction

HONORS AND AWARDS

CONTINUED FROM PAGE 1

Americas Board of Directors.

Previous honorees include Professor Marcia Hernandez from the sociology department; Professor Cynthia Dobbs from the English department and Corrie Martin, the director of the Women’s Resource Center. Along with administration and faculty, selected students and community members are honored with the award.

“Women of Distinction is important because women need to be honored in their fields when they do outstanding work. We are a community, and it is important for us to support each other and recognize each other,” said Caitlin Trepp ’14. Trepp is the chair of the Women’s History Month Planning Committee and works at the Women’s Resource Center and the Multicultural Center.

Tickets are $5 for students and $10 for non-students. They can be purchased at the Multicultural Center. For more information, contact Corrie Martin at cmartini@pacific.edu.
Kilusan Filipino's creativity shines at PCN

Caitlin Trepp
CONTRIBUTING WRITER

On Saturday, April 30, 2013 Kilusan Filipino, the Filipino cultural club at Pacific transformed the DeRosa University Center Ballroom into a magnificent performance showcasing American Filipino culture for their 17th Annual Filipino Culture Night: Mga Alamat ("Mythology"). The starting acts included a high school hip hop routine by the local high school Filipino club and the Kilusan Filipino choir singing the U.S. and Philippines national anthems. Kilusan Filipino then wrote and performed an engaging storyline about students visiting the Philippines on Spring Break, interspersed with traditional Filipino dances.

Kilusan Filipino’s (Kf) performed the storyline in two acts with multiple story threads continuing seamlessly throughout the story. The main character Fae sets up the story as her friend Daniel narrates the different kinds of Filipino mythological creatures (such as the duende), April incurs their wrath, and Jaeden makes an enemy who happens to be a mangkukulam (Filipino word for someone who practices black magic).

Audiences were also treated to a variety of Filipino traditional dances, with explanations and historical background made available conveniently in the program. Viewers watched enraptured as dancers danced the Binuan, a dance in which performers try not to spill tumblers of water on their head and in their hands; La Jota Paragua, a dance incorporating bamboo castanets; the Vinta, where dancers perform on bamboo poles that other dancers are carrying; and many, many more. Kf performed twelve dances in total, including a hip hop number. Other dances included the Burong Talo, a dance inspired by martial arts, and the Tinikling, the national dance of the Philippines. One dance was the Singkil, a dance that tells the story of Princess Gandingan, who, with the accompaniment of her umbrella girl, makes it through a forest earthquake. The dancers were also accompanied by live musicians playing traditional Filipino instruments.

Kilusan Filipino’s PCN: Mga Alamat incorporated at least 65 Pacific students and entertained a wide audience, including the Pacific community and alumni.

Kilusan Filipino’s PCN 2013 was the result of hard work from over 65 students, including coordinators, choreographers, cast, and dancers. Head coordinators Leah Cruz ‘14, Val Taylor ’13, and Tryshna Malonzo also played key roles in the cast, choir, and dances. Gigi Chan ‘13 choreographed the Singkil and Banga and directed the drama portion of the event. Maurrelle Bagus, esteemed in her own right and younger sister to Pacific hero Mary Lou Bagus ’12, choreographed the Singkil, the Binuan, and La Jota Paragua, coordinated the costumes, and starred as the main character Fae. Kyle Maxwell ‘14 choreographed the waltz and was the stage manager for the event. Actors Viseith Le ’14, Annie Sumioka ’15, Justin Hough ’14, Gabby Reyes, Nate Chin, Brylle Cabacungan, Mauricio Vargas ’14, Kevin Cameros ’14, and Emilio Elvira ’13 did hilarious justice to Leah Cruz’s script.
Pros and cons of housing changes

Christiana Oatman
OPINION EDITOR

The end of a school year is also a period of transition for the next year. Transitions often bring lots of changes, and this year, Housing and Greek Life is implementing more changes than usual. You might have seen some of the posters around campus advertising some of these changes, or at least advertising the traditional process of reserving your housing space for the next year. Hopefully, by now, if you are a returning student who wants to reside in on-campus housing, you have already gone through the selection process whether through same space, roommate pull-in or open space.

In good news for returning students, Housing and Greek Life will offer free laundry for residence halls, apartment, and Greek houses.

"Machines will still be accessed using PacificCard to verify that individuals are a resident of the building. There will not be unlimited free laundry, but a system will be set up to provide enough swipes per resident so that they will have no problem doing all laundry for a semester," said Torry Brouillard-Brace, the executive director of Housing, Residential and Greek Life.

This is a tiny change, but will definitely save some money for residents. As a graduating senior, I am jealous of those of you who are returning because of this perk.

"Housing and Greek Life understands that the cost of education is challenging, and any little thing we can do to help offset some of that cost we are happy to do," Brouillard-Brace said, explaining why they decided to implement this change. In the past few years, there has been a decrease of students who participate in on-campus housing, and it is in part because of the rising costs of college life.

"It is my belief that the fundamental reason more students are asking to be released from their housing contract is the cost of education. As students are finding ways to afford their education, they look towards ways to cut costs. It is impossible for Housing and Greek Life to be competitive with dollar for dollar costs of multiple students sharing a one-bedroom apartment off-campus. Where we can't compete in cost we can compete in access to campus culture and climate, safety and security, and staff dedicated to supporting students, but with our current economic status, the bottom line dollar amount is trumping most other value added," he added.

Carter House, one of the residence halls in the area known as the "quads," will become a residence hall specifically for sophomores in the Honors program. This is a great expansion of the Honors program, and it will continue to build a community within a specific group of students.

But Housing and Greek Life has chosen to permanently close three buildings traditionally used for housing: Cowell Hall, McConchie Hall and Manor Hall. All three of these locations are unique and considered "far away" from the rest of campus. Housing and Greek Life decided to close them because "as we look to create a facilities master plan, these spaces were deemed not necessary at this time." It is up to Pacific's discretion to determine what to do with the facilities after students move out in May.

The residence part of Cowell is on the third floor of the building where the police station and Cowell Wellness Center is housed, across the street from the mailroom. It's accessible through a door right next to the police station. It is a residence hall available to freshmen and sophomores. It used to be part of the Wellness Center, so some of the hall feels as if you are walking in a hospital. But it comes with perks such as individual bathrooms, spacious rooms and a large desk in the center of the hall where people gather to study or socialize.

Both Manor and McConchie are located on Pacific Ave, close to the Center of Community Involvement and the Pi Kappa Alpha house. McConchie closed last year, but this announcement marks its closing as permanent. It was open to freshmen and sophomores, just like Cowell, and it used to be part of an environmental housing program. By the time McConchie closed, less than ten students lived there.

I am part of the last group of students to ever reside in Manor Hall. This is my second year living there, and it is by far my favorite housing experience at Pacific. There is a large tree in the center of the building. Each apartment is "studio style" meaning that each student has their own living space, kitchen and closets and shares the bathroom with the apartment resident next to them. Not only is Manor the only place on campus with no roommate situation, but it is extremely quiet and many of the apartments are vacant including the one next to mine, meaning I have my own bathroom and a place for my parents to crash when they come for graduation. Even though I would be moving out of Manor and out of Stockton in May, I'm still very saddened by Housing's decision. While there could be some work done to redecorate the place and make it more accessible to students with disabilities, it is a great place to live.

"As part of the facilities master planning process we are looking for insight on what type of housing students would like to see. We know that Manor and Cowell were unique types of housing, so we are looking for ways to provide different types of housing options than traditional residence halls and traditional apartment communities," Brouillard-Brace said.

Housing and Greek Life is willing to reach out and listen to students but also to consider other factors. Next year will definitely be different than years before, and I hope that these changes are for the best and other non-traditional housing options will be added based on student input.
We need gender neutral restrooms!

Caitlin Trepp
CONTRIBUTING WRITER

Four-year seniors Kendall Rodriguez, Erica McKenzie and the Tigers’ bench as Pacific clinches the Big West title, and goes on to the WNWIT tournament.

base when they advanced to the postseason in the WNWIT tournament. They made it to the “Sweet 16” round of the tournament, and 1,212 fans attended the game at the Spanos Center. Unfortunately, the Macklemore & Ryan Lewis concert fell on the same night at the same time, so perhaps more students would have been more inclined to attend.

Although each basketball team’s attendance at home games did increase this year, I feel that it is nowhere near what it should be. We have approximately 6,000 students, both undergraduate and graduate, and countless faculty, staff, and alumni that should support our school’s athletics. The basketball players, and more importantly all athletes, sacrifice an extraordinary part of their lives to be able to represent our school in collegiate athletics. Many can say that they have more important things to do, like studying, but if you think about it athletics are full time students and have difficult majors as well. Does it really take a team, like basketball, to have a good season in order to gain school spirit and pride? If these were professional sports, our students would likely be considered that they are “hopping on the bandwagon.”

Even though our school spirit is not where it should be, the basketball teams truly helped in defining a sense of athletic pride for Pacific. Congratulations to both teams for advancing to the postseason, and I am sure the entire Pacific community is looking forward to see what next season has in store.

Which bathroom should I use? Some do not have to answer this question; they already know. They have used the same restroom since they were old enough to go by themselves. There are those on this campus for whom this question is more complicated. Do I go in the restroom that others would expect me to use? Do I use the one that is more appropriate for my gender identity? For some, gender is not reflected as either male or female.

University of the Pacific has an overall rating of 4.5 stars on campuspulse.org, a national rating system that determines the level of safety and inclusion for lesbian, gay, bisexual, and/or transgendered (LGBT) individuals. The level of protections and rights for sexual orientation (e.g. lesbian, gay, bisexual, other) are rated out a 5. Gender identity is rated less at 4 stars.

For the gender variant individuals on campus, changing our gendered restrooms is an easy way to be more inclusive of our fellow Pacificans. One might wonder how many transpersons the university has as students. They would have to keep wondering, since, like the bathrooms, the forms administered by Housing and Greek Life have only two boxes for gender (male and female). What about those students who do not identify strongly for either gender, whose gender is not the same as their sex assigned at birth, or for those who are more fluid on the gender spectrum? Whatever box they end up choosing, they are not represented in the statistics.

One way to measure the need is by an assessment of student clubs. In fall 2012, the student organization PRIDE Alliance, which is an organization dedicated to the LGBTQIA community on campus, had enough gender variant members to warrant an entirely new club, Gender Umbrella. An easy way to make campus more accessible is to allow them the same rights we have for cisgendered (people who identify with the sex they were assigned at birth) individuals have - using the restroom between classes. Although there are unisex bathrooms on campus, such as in the library, it is inconvenient during long-hour classes or shifts at work to race across to the library. It also represents a distinct if undeliberate preference of cisgendered individuals at the university.

Physical Plant is kind enough to provide a map of unisex bathrooms, available upon request. On this map, most of the unisex bathrooms are in places restricted to university staff only (ex: the Finance Center, Hand Hall, Collier Hall, Raymond Lodge, the Mailroom). Unisex restrooms are not available in places that students frequent or are likely to have classes.

If we made more bathrooms unisex, those who currently use those bathrooms in their gendered state would still be able to use them. We would be one step closer to equality because we would not be assigning people an identity that may not fit them. We would be showing our campus pride, that we are happy to include people of all colors, creeds and genders, and it would cost us nothing to do so. Incorporating more gender neutral bathrooms on campus is a great way to show the Pacific spirit of leadership, showing the way for other universities.
LIFESTYLES

Upcoming Student Events

Thursday, April 4
Campus Blood Drive 11 a.m. - 1 p.m. Grace Covel Hall
12th Annual Women of Distinction Awards Luncheon 11:30 a.m. - 1 p.m. Vereschagin Alumni House
Enough is Enough Program and Awards Ceremony 4 p.m. DeRosa University Center Ballroom
Tiger Gift Campaign Launch Party 6 p.m. - 8 p.m. The Lair

Friday, April 5
Boys and Men of Color Symposium TBA Raymond Great Hall
University of the Pacific Drag Show 7 p.m. DeRosa University Center Ballroom

Saturday, April 6
Profile Day 9 a.m. - 4 p.m. Alex G. Spanos Center
The last days of Jesus Christ: A Muslim Story of the Passion and Crucifixion 6 p.m. - 8 p.m. DeRosa University Center Ballroom
Student Recital Series: Annaliese Ippolito, viola 3 p.m. Recital Hall

Sunday, April 7
Student Recital Series: Mary Calo, bassoon 2:30 p.m. Recital Hall
Student Recital Series: Elizabeth Cho, viola 5 p.m. Vereschagin Alumni House
Vietnamese Student Association Presents: Portrait of the Past 6 p.m. Faye Spanos Concert Hall

Monday, April 8
8: The Play 7 p.m. Long Theatre
Student Recital Series: Chamber Music IV 7:30 p.m. Recital Hall

Movies This Week

Thursday-Saturday, April 4-April 6
Les Miserables 8 p.m.
Social media and building your brand

Veronica Lynch
Staff Writer

Facebook. Instagram. Twitter. YouTube. If you use any social media sites like these, BEWARE OF WHAT YOU POST. 98 percent of company recruiters are using social media to recruit. If you want to see what recruiters will find when they look for you, try a simple Google search from a school computer. A picture is worth a thousand words, so be sure to check the images as well. Ask yourself, “Would I hire me if this was the first impression I received?” If not, do not fret! Just continue reading.

The PRSA Luncheon that I attended last Thursday focused solely on “Building Your Brand” via social media. Professor Betsy Hays of CSU Fresno had a great suggestion to accomplish this—choose three or four words that best describe who you are or who you want to be. Then, build your personal brand around that. Think about your personal brand as whatever is said about you when you are not around.

Actions do speak louder than words, so be consistent with the message you’re trying to give and your daily actions. Also, be sure that the descriptions on your social media sites and the items that you ‘like’ go hand-in-hand. It would be a good thing to clean up your ‘liked’ pages so that they accurately reflect what you would want your future employer to see.

Do not post those photos of that party you were at last weekend, you using drugs, or any photos of the kind. Just like your grandma, recruiters and employers do not want to see this. You may be thinking, “I have my Facebook’s privacy settings set, so nobody but my friends can see those pictures.” This is a myth. Those who are tagged can see the photo, and subsequently, so can their friends. Also, no matter how old the picture is, a comment on it will cause the photo to resurface on everybody’s timelines. Yikes!

Social media’s most important purpose is to serve as a channel for people to present themselves to the world. Therefore, we must take advantage of this opportunity to advance ourselves in our professional lives. Always strive to show your honesty, integrity, and credibility, and be strategic and careful about what you post.
Les Miserables to play at Janet Leigh Theater

Les Miserables is a truly one of the best movies I have ever seen. It is a perfect combination of beautifully composed lyrics and music, incredible acting, and a touching story. The movie is based on the novel by Victor Hugo, which itself is a masterpiece. The story is about a man named Jean Valjean, who was unjustly imprisoned for stealing a loaf of bread. After being released, he tries to start a new life, but his past comes back to haunt him. The movie is not for everyone, as it can be a bit heavy at times, but it is definitely worth watching.

The acting in this movie is top-notch. Hugh Jackman delivers a performance that is hard to forget. He plays Jean Valjean with a depth that is truly remarkable. Anne Hathaway also gives an exceptional performance as Fantine, who is reduced to prostitution to support her daughter. Einetter is played by Amanda Seyfried, and her voice is simply breathtaking. Russell Crowe plays Javert, who is the embodiment of everything that is wrong with the world. The chemistry between these three actors is incredible, and it is easy to see why this movie was such a huge success.

The music in this movie is just as wonderful as the acting. The songs are beautifully composed, and they perfectly capture the mood of the story. The most memorable song is probably “Justinhic”, which is a beautiful ballad that is sung by Javert. The scene where this song is performed is truly breathtaking.

Overall, Les Miserables is a movie that should not be missed. It is a powerful story that is told with the utmost care and respect. Hugh Jackman, Anne Hathaway, and Russell Crowe all deliver outstanding performances, and the music is simply perfection. If you are a fan of good storytelling and great performances, then you should absolutely see Les Miserables.
Macklemore brings good vibes to Stockton

Jenna Graves
STAFF WRITER

The ceiling couldn’t even hold the energy that Macklemore and Ryan Lewis brought on Thursday night, March 28, for their first time ever performing in Stockton at our very own Civic Auditorium. As Pacific students gathered on the buses, there was already a buzz of excitement for the night ahead, although for me, the anticipation did not hit until we were waiting in the enormous line to enter the auditorium while observing everyone else’s anxiousness. As we finally walked through the doors of the auditorium to our seats, there was an overwhelming feel of energy. At that moment it hit me; I noticed a patient wait, Macklemore the crowd in high spirits. After we finally walked through the doors of the auditorium while observing a mixture of Pacific students and Stocktonians of all ages. Not only did people make an appearance to see an unbelievable Seattle rap artist, many were unique and dressed in “thrift shop” attire as well. When it came to the moment when Macklemore walked out on stage, an overwhelming feeling of pure bliss hit me along with the energy I received from everyone else. As a surprise early in the show, Macklemore borrowed an audience member’s fur jacket to perform his hit song “Thrift Shop”, which immediately caused the audience to just about blow off the roof. Everyone’s excitement became as one, making it one of the best songs of the night. One of his songs performed later in the night, “Same Love”, seemed to touch others a lot more because of the main message behind the song. Even more, it brought an aura of love, peace, and respect towards Macklemore’s view of homosexuals, and at that moment, I could feel true compassion from the crowd. As the night came to an end, Macklemore made sure to finish with a bang. Expectations were certainly fulfilled when he performed “And We Danced” in a woman’s wig with a sparkly cape. I myself enjoyed the show so much that it resulted in my voice becoming hoarse by screaming so much. I felt the show couldn’t have gone better. Everyone seemed to be in their own element of true happiness, and it was saddening that the night had to come to an end. Macklemore truly interacted with the audience, and by that he showed what a brilliant performer he really is. “You guys are the s**t, you gave it your all tonight,” Macklemore shouted to the crowd before the lights went down. He genuinely made the crowd feel just as important to the show as he was - “it was our night.”

Nutrition Facts: A plant-based diet

Alexandra Caspero
CAMPUS DIETITIAN

There’s no denying that more and more people have started to adapt a plant-based lifestyle. With recent documentaries like Forks over Knives, Fat Sick and Nearly Dead, and Food Inc. becoming mainstream hits, the case for vegetarians is present. Vegetarians do not eat meat, fish or poultry. Vegans abstain from all animal products including milk, cheese, dairy, eggs, and honey. While there are many reasons for choosing this diet, most include better health, ecological concerns, religious concerns, dislike of meat, compassion for animals, economics, and/or a belief in non-violence.

While vegetarian and vegan diets aren’t always healthier than an omnivore, consuming more plant-based foods has shown to have both cardiovascular and mental benefits. The key to a healthy vegetarian diet, like any diet, is consuming a wide variety of foods including plenty of vegetables, fruits, whole grains, nuts, legumes, and seeds. Limiting intake of sugar, cholesterol, and saturated fat is good advice no matter what diet plan you follow.

Vegetarians and vegans can easily meet their protein needs by eating a varied diet and enough calories to maintain weight. Popular juice fasts are not only low in calories; they are also low in protein and shouldn’t be followed for any extended period of time. It was originally thought that you needed to plan combinations of foods to get the right mix of amino acids as a vegetarian. That statement has been debunked; we now know that a mixture of proteins throughout the day will provide enough essential amino acids. Good sources of protein include tofu, nuts, seeds, tempeh, beans, seitan and more.

Iron and calcium, two nutrients of note for most adults, especially women, are also easily found in plant foods. Kale, spinach, tofu, tempeh, beans and mushrooms are all good sources of iron. Broccoli, collard greens, tofu, mustard greens, and fortified foods contain calcium. These foods are also very low in calories, low in fat and do not contain any cholesterol, an added benefit in consuming more leafy greens.

Unfortunately, it is very difficult to get enough vitamin B12 through plant-foods alone. Vegetarians might be able to intake adequate amounts if they include eggs or dairy in their diet. Vegans will have a more difficult time unless they rely heavily on fortified foods. Vegetarian or not, it’s important to know your B12 levels. Next time you get blood work done, talk to your MD about adding a B12 test. Whether you are looking to include more Meatless Mondays or making the full-on switch, a vegetarian or vegan diet can be a healthful, nutritionally adequate diet for individuals of all ages.
**SPORTS**

**Softball comes just short of sweep**

Drew Jones

STAFF WRITER

Women’s softball hosted the UC Santa Barbara Gauchos in their second conference series of the season. Pacific swept UCSB in their doubleheader on Friday, but was edged by the Gauchos in a tough ten inning game.

The Tigers hit the ground running in the first matchup, sending home three in a quick onslaught against the Gauchos ace. The first RBI of the day was delivered by catcher Amy Moore ’13 when she hit a hard single to right field to score center fielder Megan Horn ’13. With that, Moore became the ninth player in Pacific softball history to hit 100 RBIs. First baseman Nikki Armagost ’13 followed Moore with a rocket to left-center, scoring left fielder Megan Foglesong ’14. A Gaacho throwing error scored Moore to make it three and cap off the first inning of play. UCSB lashed back in the top of the second inning, earning two runs and putting themselves within arm’s reach. In the bottom of the second, third baseman Megan Allen ’13 took control and led off the inning with a double to the right field fence. Allen came around to score on a single to center by Horn. Moving to the fourth inning, shortstop Taylor Brink ’16 led off the inning with a hard hit triple and served as the Tigers fifth run on an RBI single to left by right fielder Taylor Petty ’14. Even though the Gauchos scored a few more runs, the Tigers did not give up the lead once and took the W, 6-5.

Pacific scored in the first inning again to stun UCSB and take the early two run lead. Again, Moore delivered a double to left field to score Horn and Foglesong. In the circle, pitcher Dani Bonnet ’15 held the Gauchos scoreless until the top of the sixth, but Bonnet’s offense answered back with a run of their own at the bottom of the inning. That was all the Tigers needed to put away UCSB for the second time and take the daily sweep with a score of 3-2.

Pacific showed some muscle in the last game of the conference series against UCSB, scoring first for the third and final time. Horn led off the inning with an infield single and eventually came around to score on a single to center by Armagost. The Gauchos did not find their niche in the circle, changing defensive pitchers three times. As for the Tigers, pitcher Carly Mortensen ’15 dominated in the circle, throwing a no-hitter into the fourth inning. The Gauchos hit a three-run home run in the top of the fourth to take the lead for the first time in the series. Mortensen shut down the rest of the Gaicho line-up, giving the offense a chance to battle back. In the bottom of the second inning, Armagost led off with a single to right field and was replaced by pinch runner Gabby Goyette ’14. Goyette was moved to second by a sacrifice bunt by second baseman Nicole Zapotoczky ’16 and ultimately scored on a hard single by Allen, tying the game at 3-3. Giving themselves another opportunity, Pacific went into extra innings with UCSB and shut them down in four batters. The two teams went back and forth for a couple more innings, but in the end, the Gauchos took the win with a pair of bunteruns in the tenth, winning the game 4-2.

The Tigers won the series 2-1 and currently sit in third place in the Big West Conference, behind Hawai‘i and Long Beach State. Pacific heads on the road next week but comes back to host Long Beach State on April 13 in a doubleheader at Bill Simoni Field starting at noon.

**Pacific’s season ends with overtime heartbreaker in WNIT Sweet 16**

Ruben Dominguez

SPORTS EDITOR

The Pacific women’s basketball team’s historic, record-breaking season came to an end on Thursday, March 28, as Utah hit a three-pointer with 14 seconds left to send the game to overtime, where the Utes held on to defeat the Tigers 60-55 at the Alex G. Spanos Center.

“I’d like to give a huge congratulations to Utah,” Pacific head coach Lynne Roberts said. “They were good, very impressive. We knew coming in that they would try to control tempo, slow it down, try to pound the ball inside. And they did. They knew we would try to speed up the tempo, get it outside, and run. We did. But at the end of the day, they just made a couple big plays.”

Gena Johnson ’14, who became the nineteenth player to reach 1,000 career points in program history, led Pacific with 13 points. Erica McKenzie ’13 added 12 points, nine of which came on three pointers. Those three three-point shots brought her final career total to 271, which tied the all-time Pacific and Big West record held by Selena Ho ’02.

Utah was led by the duo of Michelle Plouffe and Taryn Wieciowsk, who combined to score 49 of the team’s 60 points.

The Utes jumped out to a 9-0 lead before Sam Pettinger ’14 finally got the Tigers started, making two foul shots before stealing Utah’s inbounds pass, which Pacific converted into two free throws from Johnson ’14.

Seven straight points from Michelle Plouffe, capped off by a three-pointer, gave Utah a 16-6 lead at the 12:24 mark. A layup by Gena Johnson was answered by another three-point shot from Plouffe, stretching the lead to 19-8 with 7:07 left in the half.

That’s when the Tigers’ defense turned it up, stonewalling the Utes for the rest of the half. Erica McKenzie ’13 swished a three-pointer to get the offense going, with Brianna Johnson ’13 following suit to cut the deficit to 19-14. After Ashley Smith ’13 converted for a layup, McKenzie knocked down a falling-down three, tying the game at 19-19.

Both teams would not score for the final 3:37, with the game going to halftime deadlocked thanks to the Tigers’ 11-0 run.

Gena Johnson hit the century mark with a three-pointer 20 seconds into the half. Four points in 29 seconds by the Utes gave them the lead, but Rodriguez hit a three-pointer to swing the score back in Pacific’s favor. A three-pointer by Pettinger capped a 5-0 run by the Tigers to give them a lead of 30-26 with 11:37 to go.

After the Utes tied the game, a foul was called on Kristina Johnson ’15, sending Wieciowski to the line. Roberts voiced her displeasure at the call and was given a technical foul. Wieciowski converted all four free throws to give Utah a 34-30 lead.

Roberts’ technical seemed to spark the Tigers’ offense, with Pacific putting together a 13-3 run to retake the lead. Brianna Johnson ’13 went for five points during the run, with her steal producing the lead-taking free throws and a three-point play to cap off the run to give the Tigers a 43-37 lead with 6:01 to go.

The Utes answered with a 6-0 run to tie the game. Shots by Gena Johnson and Ashley Wakefield ’13 made the count 49-47.

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News and Notes

BASEBALL: Pacific travelled to No. 5 CSU Fullerton for a weekend series. After falling 9-2 in the opening game last Thursday, the Tigers came close to victory in the middle game on Friday. Pacific managed to out-hit the Titans 11-10, with home runs from Erik Lockwood ’14 and Brett Sullivan ’16. However, the Tigers fell 11-6.

MEN’S TENNIS: Daniel Alameh ’16 received honors last Wednesday, as the Pacific freshman was named Big West Men’s Tennis Athlete of the Week. Alameh posted a 4-1 record in Pacific’s three matches (two of them victories), including two straight-set victories in two matches to close out his weekend play.

MEN’S VOLLEYBALL: Pacific rebounded from a tough 3-1 loss to No. 3 Long Beach State on Friday to post a four-set win (25-23, 25-23, 11-25, 29-27) over No. 10 CSU Northridge on Saturday. Taylor Hughes ’13 led the Tigers with 19 kills, while fellow seniors Adam Troy (11) and Matthew Houlahan (10) also finished with double-digit kills.

TRACK: The Tigers continued their inaugural season at the San Francisco State Distance Carnival on Friday. Jessica Guerra ’16 placed fourth in the 100m, with a fourth place finish from Lauren Olera ’13 (14.03) and sixth from Jenna Vivian ’13 (14.44).

MEN’S GOLF: Alex Edoff ’13 represented Pacific well at the Oregon Duck Invitational last Tuesday, finishing tied for tenth overall after shooting all three rounds at even par. SeungJae Yang ’16 was the next best Tiger with a +5 after three rounds. As a team, the Tigers finished ninth overall with a combined +24.
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