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Humans of New York

Celja Uebel
CONTRIBUTING WRITER

On Wednesday, April 2, University of the Pacific's Powell Scholar Program honored Brandon Stanton, creator of the popular blog, Facebook page and best seller titled Humans of New York. As a result of his project, which began as "a catalogue of New York City's inhabitants," noted Stanton, he was awarded the Powell Emerging Leader Award (PELA).

In 2010, Stanton had "set out to photograph 10,000 New Yorkers and plot their photos on a map," but soon discovered that the stories from the people he photographed were just as lively as the portraits themselves. Stanton began to include the quotes he acquired by interviewing his subjects in his project, developing it into the vibrant blog and Facebook page known today. This pairing of photograph and story has captured a uniquely human element that is prevalent throughout his work.

Every other year, PELA is bestowed to someone below the age of 30 who has made remarkable and influential contributions in his or her field. The candidates are nominated and selected by the Powell Scholars through a vote based on how well the Powell Scholars believe the recipient embodies the Powell values of passion for one's interests, creativity in one's field, and a drive to push the limits — whether society's or one's own.

Brandon Stanton was the second recipient of PELA, even though it is apparent that he is well on his way past being just an emerging star. Stanton is a self-taught photographer and journalist, but he prefers not to call himself either one. When Stanton was interviewed by CBS News, he proclaimed, "When you say journalist, it's like, 'Oh - how many sources have you fact checked?' When you say photographer - it's, 'Why are your photos a little bit out of focus?' The answer is because I don't care. I like to call myself a storyteller so I don't have to worry about other people's definition of what correct work is."

Stanton has certainly made himself the storyteller of New York, with over four million fans storming the court after final kill gives Pacific a sweeping win over Cal Baptist.

Pacific Volleyball

Tigers sweep Cal Baptist in last home matchup in program history

Max Huston
STAFF WRITER

Fans screaming, a 3-0 win and friends storming the court. This is what the Pacific men's volleyball team got to experience at their last home game ever.

It was an exhilarating game that inspired Tiger pride in many Pacific students. Behind Thomas Hodges' '14 kills, Joshua Stewart's '17 31 assists and four digs, and Tommy Carmody's '15 overall solid day, the Tigers were ready for a win.

The Tigers jumped out to a 7-0 lead in the first set and never held back, beating the Lancers in the first set by 25-14. As much as Cal Baptist tried to fight in the second set, they could not keep up and lost, 25-18. Finally, in the last set, the Lancers found their game and really gave the Tigers a rightful challenge for their final game. After taking the lead in the third set at 4-1, the Lancers tied it back up three times at 7-7. The Tigers rallied late and earned the last four-points point, and the Tigers ended the night with a clean sweep of 3-0.

The room was ecstatic and very emotional as the 728 fans in attendance stormed the court. A bystander would not have been able to tell that this was the last ever men's volleyball game at Pacific. This is because the Tigers played with a fire that could not be matched. Every game that these men played is filled with so much enthusiasm, from the court to the sideline, that it can
On Tuesday, April 1, University of the Pacific's History Department and the Career Resource Center hosted a History and Social Sciences Career Panel in the President's Room. The panel began with 10-minute introductions from each of the panelists.

The first panelist was Kathleen Bruce '07, '09. "I'm a talker," started Bruce. Bruce is a Pacific history alumna, who was first a School of International Studies (SIS) major, but was forced to switch because she could not fulfill the SIS study abroad requirement. Bruce ended up switching to a history track, with an emphasis in East Asian history.

At her time at Pacific, Bruce was also team captain of the speech and debate team. Bruce is now the Director of Forensics at San Joaquin Delta College and an associate professor of communication.

"On the side, I love history, and it has definitely been a part of my career path, even though I am now teaching in the communications department at San Joaquin Delta College," explained Bruce. After graduating college, Bruce was actually offered a manager position at Target, which she turned down for a full-ride scholarship to study for a Master’s in communication at Pacific.

"Interviewers like history majors because they get to know people better. It might be because we like to get to know why people did things in the past," mused Bruce. While studying for her master’s, Bruce was a graduate and teaching assistant and helped coach the speech and debate team at Pacific.

After graduating, Bruce became a labor union organizer; however, that job came with no sleep, and at 26, she was worn out. After reaching out to her connections, Bruce was able to get a part-time job as an adjunct professor, which quickly turned into a tenure track at San Joaquin Delta College. Bruce is now two years from completing her tenure.

Bruce is an avid supporter of making connections, especially through LinkedIn. "I have been asked to do speech consulting jobs for companies, like Bank of Stockton and also to train at high schools for speech competitors because I joined certain groups [on LinkedIn]," explained Bruce.

Bruce was followed by Nanxi Tang.
Pacific students explore San Francisco

Nicole Felkins
COPY EDITOR

Students, faculty, family and friends ventured to San Francisco to gaze at the de Young Museum, the California Academy of Sciences and the Japanese Tea Garden on Sunday, April 6.

Both located in Golden Gate Park, the de Young is located across from the California Academy of Sciences. At the de Young, the group explored the museum and the O'Keeffe exhibit. However, cameras were not allowed in the O'Keeffe exhibit. Many of her famous flowers and depictions of nature were featured, along with photos of her. Several blown up quotes on the wall revealed interesting aspects of O'Keeffe's life.

The de Young featured art and artifacts from all around the world. Exhibits were arranged according to the art’s genre, time period and/or geographic region. The de Young had sections of African art, New Guinea art, Colonial American art, etc. Many famous artists were represented, such as John Singleton Copley.

Afterwards, the whole group saw a show in what the host said is the largest planetarium in the world at the California Academy of Sciences. Viewers were taken on a journey to explore the universe, its origins and science’s latest discoveries in “Dark Matter.” For example, the part of the universe that scientists are able to actually see comprises only five percent of the universe. The rest is composed of dark matter and dark energy.

The California Academy of Sciences also boasted an aquarium that was full of interesting angles to view the ocean. For example, part of the aquarium serves as the walls and ceiling to one pathway, so sea creatures swim all around you. In a large pond that was located below the floor’s surface, viewers gazed into it to see an albino alligator and large tortoises fearlessly swimming beside it.

In another exhibit, there were small penguins from the tip of Africa, who mostly groomed their feathers. However, one lone penguin swam freely in the water to the delight of many children nearby.

A few weeks before the trip, flyers were posted around the Wendell Phillips Center to announce the opportunity for humanities students to take a free trip to the de Young museum and Academy of Sciences in San Francisco by emailing Kelsey Belomy. The flyer stated that the first thirty students were free.

Students were allowed to bring a guest, such as a parent or friend. A couple faculty members were present, such as Jeffrey Hole, Ph.D., an assistant professor of English, and Courtney Lehmann, Ph.D., a professor of English and film studies at Pacific. Lehmann is the director of the Pacific Humanities Scholars Program, who sponsored this event.

The Japanese Tea Garden is the oldest public Japanese garden in the United States.

The Tigers win last home game against Cal Baptist

MEN'S VOLLEYBALL
CONTINUED FROM PAGE 1

only be described as infectious. From fists flying in the air in triumph to teammates jumping around giving chest bumps in almost mosh-pit type fashion, this exciting team brought every fan to their feet and gave everyone such a sense of Pacific pride.

Notably, on the opposing team stood a former member of the Pacific program. Giovanni Llinas Rosa is an outside hitter from Puerto Rico and came to Pacific in the fall of 2012. He has since transferred to Cal Baptist due to the elimination of the program at Pacific.

Unfortunately, we have to face reality: Pacific men's volleyball will be gone after this year. Regardless, they sure had a great finish.

Head coach Joe Wortmann is in his 22nd season and final season as the men's volleyball coach. Wortmann is the only coach in Pacific's program history. Wherever these men decide to go for the rest of their collegiate careers, their coaches will be lucky to have them - if not for their skill, but for their fighting spirit.

It is no secret: It has been tough for the Tigers going through their last season and not knowing what is coming next. However, in spite of pain and heartbreak, those men kept on fighting.

For those who had the pleasure to witness it, it was a game that no one will forget.

The Tigers head on the road for their final home games. They will compete against UC San Diego on Friday and UC Irvine on Saturday.

The men's volleyball team gears up for the attack from Cal Baptist.
Powell Scholar Program honors Brandon Stanton

(Left to right) Brandon Stanton, Nicole Tutunjian '17, Celja Uebel '16 and Connor Morales '16 during the final question and answer session of the event.

Humans of New York, that reached the number one spot on The New York Times best-seller list within a week of its release. Stanton was nominated by Celja Uebel '16, a Powell Scholar who follows Stanton’s blog and recently purchased his book. Uebel nominated him because Stanton “never fails to create a connection among people, reminding us that we’re all human, and we all have our own stories,” explained Uebel. Upon voting, the Powell Scholars were also impressed with [Stanton’s] ability to bring out the essence of a complete stranger with nothing but a picture and a conversation,” mused Uebel.

During the reception on April 2, Stanton mingled with Pacific students and signed copies of his book at the Alex and Jeri Vereschagin Alumni House. Barnes and Nobles was selling copies of his book at the event as well. Later that day in the Long Theater at 6 p.m., Stanton began telling his story about his experience with Humans of New York. To demonstrate how he approaches the subjects of his portraits on the streets of New York, he pulled up a member of the audience and asked her about her life. Stanton showed that he gets to the interesting part of stories through follow-up questions, so he may have a 15-minute conversation, but he will already know what part of the conversation he plans to feature on his blog.

Stanton stressed the importance of hard work for the satisfaction of improvement and involvement with one’s project and not for the satisfaction of the reward. Stanton did not start Humans of New York for publishing a best seller; he started it for the love of photography and discovering people’s stories. Stanton plans to continue his project by developing it even further throughout the next two years, where he will take a break from speaking opportunities and book-signing tours to focus solely on his photography.

The final segment of the event was a question and answer session directed by Powell Scholars Uebel, Connor Morales '16 and Noelle Tutunjian '17. Questions were pre-submitted by Pacific students and community members.

The evening concluded with the presentation of the PELA to Stanton.
Pacific alumni speak on career panel

**CAREER PANEL CONTINUED FROM PAGE 2**

Danielle Norman '09, a Pacific history graduate, said, "When I first came to Pacific, I was dead set: I was going to be a high school history teacher. My second semester, I got into the classroom, freaked out, and decided teaching wasn’t for me," started Norman. After her freshman year, Norman talked with her mom about what to pursue next. Norman wanted to become a history major but was scared she would not be able to find a job; her mom offered some profound advice: "Just do what you love." With that, Norman switched her major to history and was still able to finish her degree in four years.

"I graduated in 2009, and I don’t know if you remember, but that was when no one was getting jobs," laughed Norman. After graduating, Norman was hired in July 2009 by the Association of Independent California Colleges and Universities (AICCU). At her interview for AICCU, two of the three panelists were Pacific alumni. After her interview, Norman thanked the alumni and mentioned how nice it was to meet a fellow Pacific alumnus. "I’d like to think that helped my chances," Norman affirmed.

After working for a while, Norman still felt the appeal of education, even though the classroom was not her setting; in March 2012, she graduated from Drexel University from a two-year program with a M.S. in Higher Education Administration. Recently, Norman was also promoted to the director of research of publications, a position created especially for her.

"I've only been working for almost five years, so I don’t have a whole bunch. If you still want to be in education, but teaching isn’t for you, I strongly urge you to look at different programs that are out there," suggested Norman.

The next Pacific alumnus to speak was Peter Richardson '03, "I remember our history celebration for graduation, and we had bison burgers back then," laughed Richardson. Richardson came to Pacific only knowing that he wanted to swim. While at Pacific, he discovered a passion for teaching high school and fell in love with history. "I love how it’s all connected. The way I see it is because history isn’t great because it happened, but because it happens. You see it repeat itself," explained Richardson.

Richardson was able to finish his degree in three and a half years and started his credential work in his eighth semester. After he finished swimming in February of 2003, he started substitute teaching on Mondays, Wednesdays and Fridays for Stockton Unified School District; Richardson graduated in 2003 with a single subject credential in history from the Gladys L. Benerd School of Education.

That fall, Richardson began student teaching at Amos Alonzo Stagg High in Stockton. "I used to live in the Townhouses, and I would skateboard everyday to my job," shared Richardson. Richardson was hired mid-year as a high school teacher and went on to teach government, and economics, which he enjoyed.

After teaching high school for about four years, Richardson was named the first swim coach of Fresno Pacific University, which had just started a new swim program from scratch; the team won three national titles in the first five years of the program.

His life eventually came full circle as he ended up back in Stockton on the East side, as a substitute teacher on Mondays, Wednesdays and Fridays for Stockton Unified School District; Richardson graduated in 2003 with a single subject credential in history from the Gladys L. Benerd School of Education.

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Defining white privilege

Reed Ramsey
STAFF WRITER

In 2012, the University of the Pacific was 34 percent Caucasian, as listed on Pacific At A Glance online. With these numbers outpacing all other groups at Pacific, we have to address the elephant on campus: white privilege. When I say privilege, I mean a special advantage or tool that is used unconsciously.

As a white male, I have special privileges that I do not notice, but I have been taught these special entitlements since I was very young. When we were all just kids, we were given subtle hints laden all throughout our textbooks and mass media. Frank B. Wilderson III, American writer, dramatist, filmmaker and critic, discusses in his book Red, White & Black the racial implications of film. Wilderson believes that social structures are mostly created in film, such as fear of African Americans who seem savage. These hints would go on to develop an unconscious structure of our social reality, which is racial privilege.

The problem in modern-day racial politics is that racism is harder to combat since it has become institutionalized and, for the most part, invisible. When discrimination was still prevalent, it was much easier to spot certain privileges. In his 1935 book titled Black Reconstruction in America, W. E. B Du Bois introduced the concept of a "psychological wage" for white laborers. It must be remembered that the white group of laborers, while they received a low wage, were compensated in part by a sort of public and psychological wage. They were given public deference and titles of courtesy because they were white. They were admitted freely with all classes of white people to public functions, public parks and the best schools. The police were drawn from their ranks, and the courts, dependent on their votes, treated them with such leniency as to encourage lawlessness," explained Du Bois in the text.

Laws that solely functioned to discriminate African Americans provided a bright line for the distribution of privilege. Now, within the social sphere, this privilege is hidden so that people do not even know that it happens. Peggy McIntosh is associate director of the Wellesley College Center for Research on Women. In her WHITE PRIVILEGE CONTINUED ON PAGE 10

Letter grades

Nicole Cherry
CONTRIBUTING WRITER

The pressure to get As has been ingrained in your brain by your mother, grandmother, aunts, uncles and countless relatives, who are always asking, "How are your grades? Are you getting As this semester?" They ask so much that it begins to feel like you are going to college for the sole purpose of receiving good marks. However, you are not paying painfully expensive tuition out the nose for an A stamped on your records, but you are spending your time and money for the knowledge taught at your college. Letter grades are often given more importance than they should.
Underrepresentation of women in media

Alex Rooney
STAFF WRITER

As much as we would all like to think that America today is at the forefront of equality, there are still many realms where women and men are unfortunately unequal. One particularly noticeable example of this phenomenon is the lack of an equal presence for females in the media.

Now, of course, this may not seem like an issue to be fretted over in the same way we tend to give attention to racial issues or same-sex marriage debates, and, if a conversation is about inequality between men and women, it will likely be in regards to salary, rather than underrepresentation.

Women do not have the same role in the media that men have, and this is glaringly obvious in the world of sports. The Colombia Journalism Review reports, “More than 150 sports newspapers and websites received an F grade for their hiring practices among women, failing to hire enough women as editors, columnists, copy editors and designers. Indeed, women made up only 14.6 percent of total staff at these outlets. This is not even to mention the low amount of airtime given to sports exhibiting solely female athletes.

Aside from the fact that very few women’s sports are given attention on television, hardly any female commentators for men’s sports exist, and those that are used are mainly chosen for their appearance - rather than their aptitude. Other times, female athletes are revered based on their beauty as well, with most memorable females in sports having also taken off their clothes for a camera or done some kind of modeling at one point or another.

However, this fact reflects the wider role women play in the mass media when they are seen. Women are constantly oversexualized, and even in television shows that center around a powerful woman, she is often made weak by her sexuality - as with the character Olivia Pope in ABC’s Scandal.

It is appalling how even the society we live in today is not as advanced as we portray it to be. Women and men are certainly not equal to date, especially not in the often-overlooked corners of the workforce, such as visual and print media.
How is your New Year’s resolution going so far?

"I didn’t make any, so I guess they’re going well.”
@Mary Coyner, C.O. 2014

"It’s going well - about halfway accomplished.”
@Jessica Tong, C.O. 2016

"I still try to go to the gym three to four times a week.”
@Kiran Grewal, C.O. 2015

"Smiling at strangers and eating one fruit or vegetable a day. I’m keeping up with them for the most part.”
@Cameo Davis, C.O. 2015

"Some New Year’s resolutions I have been keeping up is doing well in school, as well as trying to do more community service.”
@Osagie Omoruyi, C.O. 2016

"I actually didn’t make a New Year’s resolution this year. I don’t think one night of the year is going to motivate me to make a change. I’ll make a change as I see I need to make one; I don’t need a holiday to make lifestyle changes.”
@Sarah Hamburg, C.O. 2015

"It’s going well considering I didn’t have one. If you want to make your life better, you should do that throughout the year.”
@Alex Schlabach, C.O. 2014

"Working out as much as I can.”
@Ehret Fieldhouse, C.O. 2014

How to better evaluate students

While in the previously mentioned hypothetical situation there would not be the satisfaction of climbing to the top to earn an A, there would be the benefit of attempting to fly without the fear of falling.

Art students could experiment with their individual styles more without worrying if the professor will understand their form of expression. Writers could attempt different forms of storytelling; in fact, many students in various majors would be more likely to break conventions because there would be no fear of permanent failure.

Yes, the painting could be an eye sore, the essay a botched job, the chemistry experiment could go up in flames, but the students would be more likely to push forward and keep working to push the boundaries because their GPA would not be at risk.

Of course, if this happened with every class, GPAs and letter grades would be essentially meaningless, and the faculty would not have a system that could evaluate the progress of the students. Is it better to have letter grades where the spotlight is set on which letter a student receives instead of allowing him or her to try to understand the content as much as he or she can?

Or, should educational systems start leaning towards decreasing the importance of grades and risk losing students who cannot be motivated to learn for the sake of learning?

Perhaps there is a way we can find some middle ground, but maybe all it will take is for students to dare to take risks, despite the looming fear of failure. You can still strive to get that A and that 4.0, but do not be afraid to take a chance for the sake of knowledge. Sometimes, we learn the most through failure, and we need to realize that there is nothing wrong with that.
Black vs. Orange is a weekly platform for open debates on key issues. All students are welcome to participate and make their voices heard. Contact Jamil Burns, the opinion editor, to get your opinion seen.

**Topic of the week:**

**Online classes**

**PRO**

**OX**

**CON**

Reed Ramsey

STAFF WRITER

While daunting at first, online courses provide several benefits to students. Online classes offer the perks of greater flexibility, increased knowledge retention, a chance to widen your social and professional network, and they are more environmentally sustainable than courses in brick and mortar campuses. Online learning can also help build a student's self-discipline, time management and written communication skills.

One of the prevalent advantages to online learning is the greater flexibility that it offers. You can study, take quizzes and write discussions on your lunch break, at 3 A.M., on weekends or any time you want. Flexibility is an attractive amenity for all students, especially student athletes and students with jobs.

Online programs help build time-management skills and self-discipline. Having no set class time requires successful time management in order for students to plan enough time to complete their assignments. Online learning requires self-discipline to make yourself stick to your planned schedule and complete your assignments by the deadline.

Traditional learning usually offers students only one chance at turning in homework or taking exams, and you will not receive feedback until days to weeks afterwards. However, most homework websites offer instant feedback and multiple tries per question. This ensures that students absorb and comprehend the material.

Online learning can simplify the homework as well. Math, science and economics homework requires drawing multiple graphs and tables. By using specialized online homework programs, interactive graphs and tables can be made in seconds with point-and-click technology. Science experiments can also be simulated by online interactive homework sites. Online time is spent less on technical details and more on learning.

Online classes can also improve students' written communication skills. Classes can include written assignments, such as discussions, essays, research papers and simulations. An online political science class can offer an online simulation of a Supreme Court case to elicit students' opinions. Essays and research papers can be based on the class' reading materials and/or research.

Online classes simulate class discussion by offering discussion boards and real-time chat. Classes that are taken online also offer a larger, more diverse selection of peers and teachers who can connect with through class discussions, chat boards and study groups. Teachers often require students to comment on other students' posts in the discussion board.

Required discussions and responses are normally 100-300 words in length. The required reading and commenting of other students' discussion posts helps students to network and build connections.

Online learning offers an additional benefit of environmental sustainability. Paperless books, essays, quizzes, homework and exams save trees that their traditional paper twins destroy. Additionally, computers can save gas and CO2 emissions by reducing the amount of paper needed for assignments.

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Jamil Burns

OPINION EDITOR

If you are a college student who has had a few debt-related panic attacks, you have probably considered taking online classes. After all, they are supposedly cheaper and oh-so flexible, enough so that anyone can afford to take a class during a convenient time.

So, why is it that only 29 percent of the public population thinks online classes are equal to traditional classes? In fact, only 39 percent of the people who actually take online classes think that online courses have an equivalent educational value similar to that of traditional classes. These statistics can be found in a 2011 report from the Pew Research Center titled "The Digital Revolution and Higher Education: College Presidents, Public Differ on Value of Online Learning."

Yes, online classes tend to be cheaper. The University of the Pacific offers self-paced online classes at $155 a unit, but what are you really getting with that money?

You get the hassle of trying to ask a professor questions via email and then having to wait for a response, instead of being able to get an answer on the day you asked your question, as you would if you were in a traditional classroom. Maybe you will be one of the lucky online students, and instead of getting a recording of your professor teaching or no professor at all, you will get a professor in a little box that sits at the corner of your screen. Yet, even with your professor in a box, you will not be able to form the face-to-face connections you make through being in a physical classroom where you can engage not only with the professor, but with your peers as well.

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Somehow, math does not seem like it would be that much fun when you are searching for the right symbols on your keyboard or holding up a graphite-smudged paper up to your computer camera to see if your professor in a box can help you. A professor in a physical classroom could have easily shown you different ways to solve the problem, depending on your learning style, moments after you raised your hand.

Online classes often boast the idea of flexible hours where you can learn on your own time in a quiet environment, free from distractions. However, let's be honest for a moment: How many people are going to be disciplined enough not to have multiple web browsers open while they are attending their virtual class?

Traditional classes opt for the no-screen policy for a reason: to make sure the students are engaged in the material being presented. You cannot respond to a classmate's analysis of John Keats' "Ode to a Nightingale" when you are too engrossed in Facebook stalking your ex or playing computer games.

With online classes, there is no one making sure you are paying attention or that you are being held accountable for making progress in your class. Let's face it, procrastination is a growing epidemic, and with online classes, it is going to be very tempting to skip class and tell yourself that you will make up the time next week. However, it is going to add up fast, and it will not be long until you are feeling overwhelmed with digital assignments.

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BLACK VS ORANGE: PRO

CONTINUED ON PAGE 10

BLACK VS ORANGE: CON

CONTINUED ON PAGE 10
In reality, white privilege is invisible

essay “White Privilege: Unpacking the Invisible Knapsack,” McIntosh asserts that white privilege is like an invisible weightless knapsack of special provisions, maps, passports, codebooks, visas, clothes, tools, and blank checks. These tools are used every single day, which are more or less just assumptions held by the mass public.

If you walk into a convenience store at a late hour of the night and you were Caucasian, the clerk would seem more secure. However, if you were an African American in the inner city wearing a hoodie, the clerk would instantly be more alert to your presence. Stereotypical instances like this might seem typical to the average person, but that proves my overall point that privilege is invisible, yet people assume it to be the norm. These norms are created and thus justify violence from the state; now, the state is more racist than it has ever been.

The New Jim Crow by Michelle Alexander, associate professor of law at Ohio State University, shows how there are more African Americans incarcerated today than were enslaved in the 1800s. This shows how the state has made racism invisible and justifiable by set social norms that it dictates. That is why we need to identify these social norms in order to eliminate them.

In conclusion, with the words of Pastor Joseph Barndt from his book Dismantling Racism, “We have also seen that the walls of racism can be dismantled brick by brick, stone by stone, the prison of individual, institutional and cultural racism can be destroyed,” proclaimed Barndt.

Take this insight as a call to combat racism at every front. It is the very first step to dismantle the prison of racism, but it does not end here. Go read the texts mentioned in this article, and get informed because knowledge will be the best weapon against oppression.

Black vs Orange: The online class debate

staying at home to “go to school.” Massive open online courses (MOOCs) are the new buzzword. Not only does online learning offer the student more flexibility than a brick-and-mortar education, it offers some advantages to professors as well.

There are several different MOOC universities, including Udacity, Coursera and Khan Academy. They offer free or paid classes, such as Artificial Intelligence for Robotics from Georgia Tech, Cryptography I from Stanford, Roman Architecture from Yale, Buddhism and Modern Psychology from Princeton, Mathematical Biostatistics Boot Camp from John Hopkins and From Big Bang to Dark Energy by The University of Tokyo. This is an amazing offering of classes from world-class universities that is made possible through online learning.

Miliennials are a cybergeneration of “I’ll Google it,” social media and wearable technology. Online classes seamlessly fit the needs and wants of today’s cyber lifestyle.
Late night? How to stay up & wake up!

Nicole Felkins
COPY EDITOR

With a constant flow of homework, studying and stress, college students have a lot on their plate. At the same time, students also have to squeeze in time to have fun and socialize, sometimes tacking up more than they should. When you find yourself having to stay up late to study the night before a test or you have to wake up early after a short night of sleep, here are some tips to help you out.

1. Take a short break to move around. According to WebMD, Robert Thayer, Ph.D., of California State University found that when subjects ate a candy bar, they had less energy later and were more tired then when they took a brisk 10-minute walk. Walking increased their energy for two hours, which makes sense, for walking pumps oxygen through your veins, brain and muscles. So, if you are studying at your desk, take frequent, short breaks to walk or move around.

2. Take a short nap. WebMD warns everyone to follow two rules: Do not nap too close to your bedtime, and make sure it does not last more than 25 minutes. Use a vibrating alarm clock to make sure you wake up. If you are not able to nap, even closing your eyes for a few minutes will help. Giving your eyes a break from the computer screen will help you avoid eye strain and fatigue. To circumvent that, periodically take a break from any bright screen for a few minutes to give your eyes a break.

3. Eat a healthy snack. WebMD informs that although sugary snacks provide a quick energy boost, sugar lows follow, creating low blood sugar that causes lethargy and mental fogginess. WebMD suggests the following healthy snacks: peanut butter on celery sticks or whole wheat crackers, baby carrots with low-fat dip, yogurt or a handful of nuts and fresh fruit. Also, make sure you drink plenty of water to stay hydrated, for WebMD explains that dehydration can cause fatigue.

4. Start a conversation. According to Dr. Barry Krakow, medical director of Maimonides Sleep Arts and Sciences, “It’s a very strong behavioral stimulator—especially when it is a conversation about politics.”

5. Set your alarm in a spot that forces you to get up to shut it off. Make sure it is loud enough so that it wakes you up. An annoying song or noise should do the trick. If you have a roommate who gets up earlier than you, see if he or she can wake you up.

6. Set multiple alarms, and if possible, set them on multiple devices. For example, if you have an alarm clock, set an alarm on that, then set another alarm on your phone a little bit later in case you press snooze on the first one and fall back to sleep.

7. When you study, alternate study spaces. According to The New York Times, cognitive scientists have found that it helps people retain the material better. Also, make sure that you have enough light, as WebMD suggests, for dim lighting contributes to fatigue.

8. Don’t immerse yourself in one subject. According to The New York Times, scientists have found that immersion is not an effective way to study. Instead of spending hours trying to master one subject, you should alternate between a few related topics. Not only will it be less boring, but you will learn more.

Ultimately, in order to curb those late nights, you should try to stay organized, and cut down on your procrastination. That way, you can get a full night of sleep every night, which will fully charge your batteries, and you can be energized and ready for the next day.

Restaurant of the Week

Nicole Felkins
COPY EDITOR

De Vinci’s, a local delicatessen that features Italian food, serves arguably the best raviolis in town. The sauce alone is to die for, and it can even be purchased separately. De Vinci’s offers its customers a wide selection of pastas, sandwiches, appetizers, breads and desserts.

Although many customers purchase De Vinci’s delicious raviolis, there are many different kinds of pasta and food. For example, meat-lovers may prefer their grilled chicken or chicken stroganoff. Pasta fanatics may prefer the lasagna, pesto ravioli, spaghetti or tortellini. Their spinach and meat raviolis are my favorite.

All pastas come at a standard price. It is a little over $10 for a quart, which is the most economical choice. Any leftovers can simply be refrigerated, so you can eat it later. It is just over $5 for half a quart, and a little over $3 for one-fourth a quart.

The focaccia bread they serve is locally renowned, but I prefer their French bread. You can also ask for cheese and/or garlic to be melted on your bread for an additional cost.

De Vinci’s has a small salad bar behind their counter, so customers can pick different toppings on their salad. For example, there are kidney beans, chickpeas and little squares of cheese.

De Vinci’s sells fresh sandwiches, with a choice of focaccia or French bread. De Vinci’s offers a variety of meats, such as turkey and ham. I witnessed the employee carve off the pieces of turkey, which made for a delicious sandwich. Sandwiches are $6.50. For the ravenous Tiger, you can get a super sub for $9.55, with a choice of three meats, two cheeses and condiments.

Upcoming Student Events

Thursday, 4/10
The Lisa Project
9 A.M. AT THE PRESIDENT’S ROOM

Violence Prevention artwork exhibit
9 A.M. AT THE DEROSA UNIVERSITY CENTER (UC)

Lunch Behind The Lair: Chat with the Chaplains
NOON AT THE UC

Time Management Workshop
1 P.M. AT THE WENDELL PHILLIPS CENTER (WPC)

“Enough is Enough” Heroes Award reception
6 P.M. AT THE UC

Friday, 4/11
Boys & Men of Color symposium
9 A.M. AT RAYMOND GREAT HALL

The Lisa Project
9 A.M. AT THE PRESIDENT’S ROOM

Master Class featuring cellist Amit Peled
5 P.M. AT THE RECITAL HALL

Pacific Photography Club
5 P.M. AT THE UC

Large Group - Pacific Christian Fellowship
6 P.M. AT GRACE COVELL HALL

Student Recital - John Johnson, trumpet
7:30 P.M. AT THE DE MARCUS HALL

Pacific Theatre Arts presents “ALMOST, MAINE,” a romantic comedy
7:30 P.M. AT THE DE MARCUS BROWN THEATRE

Sunday, 4/13
Student Recital - Kevin Alvarez, saxophone
NOON AT THE RECITAL HALL

Student Recital Series - Zoe Schlussel, violin
3 P.M. AT THE RECITAL HALL

CONTINUED ON PAGE 15
ATHLETE EDITION

DJ SCHILLING:
A new athletic style

Danica Torchin
STAFF WRITER

Style comes in all shapes and colors on our campus. We have some preps, some bohemians, and we always have the jocks. In the 1950s, people imagined jocks with letterman jackets and crew-cut t-shirts. At Pacific, our athletes have a little less structure and a whole lot of comfort when it comes to the way they put together their looks. DJ Schilling ’14 does his part as a member of the Pacific swimming team.

While he admits he has a laid-back and even lazy vibe, Schilling has earned the right to be comfortable for all of the work he has put into being a swimmer. He waded into the water at the age of three after an incident where he almost drowned. His parents immediately pushed him into swimming, and Schilling is forever grateful for their actions. Being an athlete has made Schilling a harder worker and has even helped him with his time management skills.

As a member of a co-ed swimming team, Schilling says that while he is not entirely vested in his style, the women on the team are all very mindful of what the men wear. “They told me no gray on gray,” and Schilling stated that he takes their advice wholeheartedly. Schilling would not change his wardrobe for the world, meaning he would wear more comfortable basketball shorts or fitted denim jeans for nicer occasions.

As an influencer of style, Butler believes that being an athlete is helpful for taking care of your body and your mind. It forces you to be responsible for yourself, and it has also helped her meet some of the best people.

As an influencer of style, Butler believes that being a basketball player has changed since college. In high school, Butler would get much more dressed up, but now, it is more on a day-to-day basis. Some of her personal must-haves are soccer shorts, a Michael Koors watch, a black leather jacket and some CURRENT/ELLIOTT jeans. If you are looking to put a little bit of SoCal in your NorCal style, I would hella suggest taking some tips from Erin Butler.

ERIN BUTLER:
SoCal style

Danica Torchin
STAFF WRITER

In our NorCal world of “hella” and the San Francisco Bay, sometimes we like to venture a thought about our wonderful friends to the south. SoCal seems like a faraway distance from the comfort of our Golden Gate, but we should embrace the Orange County just like Erin Butler ’14. Beachy, playful and relaxed are all perfect descriptors of Butler’s style, and she will be the first to tell you that as far as her personal style goes, “I don’t really care what people think.”

Taking inspiration from various Tumblr boards, Butler’s beachy vibe doesn’t quite mesh with her life on the basketball court, but she manages to make it work all the same. Butler has been playing ball since she was three years old. Her brother and her father greatly influenced her throughout her basketball career, and she believes the sport has positively impacted her life as a whole.

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CHECK IT OUT: Men: Michael Koors Watch: Scout Silver Tone Chronograph @ Dillard’s. Black Leather Jacket: Perry Ellis Portfolio @ Macy’s. Women: Michael Koors Watch: Slim Runway Pink Dial Goldtone @ Dillard’s. Black Leather Jacket: Gibson & Latimer Faux-Leather Moto @ Dillard’s.
The Tiger Sex Column: Work hard, play hard

Drew Jones
SPORTS EDITOR

Being lovey dovey and getting it on with your significant other does more than just satisfy your need for pleasure. All the hard work in the bedroom actually pays off when it comes to your physical health. From kissing to foreplay, to going all the way, you can get a good workout and burn a plethora of calories.

Sarah Jio of Woman's Day magazine reported some interesting data from a study of the calorie-burning profile of sensual activities. It appears that going to town in the bedroom is the equivalent of getting a small workout at the gym. Their results are based on the body weight of a 150-pound woman.

Kissing tends to lead to making out on most occasions, and one can burn up nearly 200 calories in a single 30-minute make out session. The anticipation can increase your heart rate, and thus, burn up a ton of calories. One can maximize this workout by rolling around and making the kiss more playful. Who knew swapping a little spit could be such good exercise?

In some instances, making out leads to going to second base with your partner. First, the clothes have to come off, and that alone can burn around eight to 10 calories. Any little bit helps, right? An old school hand job or fingering can burn nearly 50 calories per half hour. One would hope it doesn’t take 30 minutes to get the deed done; however, one can switch up the frequencies in order to start getting a sweat going more rapidly.

Once you have hit second, you might as well continue on to third. In fact, Jio reports that "being on the giving end of oral sex may be just as effective as a quick stint on the elliptical machine." Giving oral sex can burn a whopping 100 calories per half hour.

Now, the last spring to home is the most intense part of the bedroom workout. One can burn up to 150 calories per half hour just from getting it on with your significant other. The key is making it long and making it last. Jio adds that moaning and sighing can cause your body to burn an additional 18 to 30 calories. Switching positions and straying from the normal missionary position can add to your workout as well.

The experts used in this study “estimate that [people] who orgasm during sex burn more calories during lovemaking than those who don’t," reveals Jio.

So, the next time you are trying to decide if you want to hit the gym or have some alone time with your significant other, remember that you can hit two birds with one stone by partaking in a little bedroom activity.

Remember to practice safe sex, and always use condoms. The Cowell Wellness Center offers them for free. If you are sexually active, be sure to get regularly tested for sexually transmitted diseases and infections to protect your health and the health of others.

Pictured: "Sexercise."
Deltopia

Nanxi Tang
NEWS EDITOR

Deltopia, also previously known as Floatopia, is an annual celebration in Santa Barbara, Calif. near the vicinity of the University of California, Santa Barbara (UCSB) and Santa Barbara City College (SBCC) campuses. According to the UCSB alumni website, "Floatopia, an annual spring-time beach party, is a short-lived Isla Vista [IV] tradition that began in 2003. The number of attendees remained relatively low until 2008 when 1,000 people attended the event. In 2009, the event exploded as 12,000 people crowded IV beaches. Due to the high levels of water pollution, injuries and citations that resulted from the 2009 event, authorities took preventative measures in 2010 and 2011 by closing down the beaches during the weekends the event was scheduled to occur."

Since then, the party has moved to the streets of Del Playa and became known as Deltopia. According to the Facebook event page titled "Deltopia – Isla Vista 2014," at least 12,000 people marked that they were attending the event, which was scheduled to take place on Saturday, April 5. Around 15,000 people turned out, and it is reported that they broke out in a riot around 9:30 p.m. on Saturday night.

The Santa Barbara County Sheriff's Office released in a news release that a UCSB police officer was "hit in the head with a backpack that contained large bottles of alcohol." The situation only escalated violently from there into what was described as a riot.

According to CNN, "Five more officers - Santa Barbara County deputies - were injured, including one who was hit in the face with a brick, and two hit in the hand with bottles, the sheriff said. In all, more than two dozen people were treated at hospitals for injuries."

Before order was restored Sunday morning, property, police vehicles and other cars were damaged, stop signs were torn out of the ground, and small fires were ignited. Police officers arrested more than 100 people and 44 people received medical treatment at a hospital, informs the Huffington Post.

Stay-cation to Santa Cruz!

Jamieson Cox
PUBLISHER

To continue our stay-cations column this week, we headed over to Santa Cruz for a day on the boardwalk. This top West Coast tourist spot, located south of San Jose on the coast, is under a two-hour drive but well worth the time. The strip in Santa Cruz offers everyone something to do, and luckily, the diversity of options are all located in a small vicinity, allowing some people from one group to split up and have their own adventures for part of the day, then meet up with the rest for lunch and continue on with their day.

For the roller coaster lovers, the boardwalk boasts eight rides, ranging from a more traditional roller coaster to a standard fairgrounds ride, such as the free-fall. The Giant Dipper, the white wooden roller coaster that will be seen instantly upon your arrival, is one of the top wooden roller coasters left in the United States.

If you are not an adrenaline junkie, the boardwalk also has many great shops and the Casino Arcade. When it is time for food, there are all types of spots located on the waterfront, allowing for a relaxing dinner on the ocean.

While there are tons of man-made attractions on the boardwalk, the reason it is all there is the beach. So, while some have a need for speed, and some shop and play games, others can enjoy the day by soaking up the rays and playing some beach volleyball.

While there is not a beach nearby Pacific, we are in California and within arms reach of some great day trips, so next time you are looking for something to do on the weekend off campus, try Santa Cruz for the day. Be sure to leave early if you can to beat the traffic, so you can spend more of your day soaking in some vitamin D.
De Vinci’s delicatessen

**Restaurant of the Week**

De Vinci’s also offers some dessert in their refrigerated display. They often sell chocolate cake, and they always have a variety of cookies, such as snickerdoodle and chocolate chip.

De Vinci’s features Taco Tuesdays as well, so if you want fresh tacos, then stop by on a Tuesday.

De Vinci’s has a variety of combos, such as a choice of two pastas, a salad, bread and a drink for $10. Or, you can get the same combo with one choice of pasta for about $8.

For those on a budget, you can get a soda, bread and spaghetti for $4.99. Additionally, De Vinci’s sells day-old pasta from last night’s final batch, and if you arrive early enough, you may find raviolis. They sell day-old pasta for half the price, so if it comes in the smallest size, one-fourth a quart, then it will be under $2!

De Vinci’s also caters, and sizes much larger than a quart may also be ordered; however, you should call to order. They serve rice tortas and frittatas too.

There are two locations in Stockton. The one on Pershing Avenue is located in the shopping center adjacent to March Lane and Pershing Ave; they can be reached at (209) 957-2750. The other location is off Hammer Lane on 7925 Thornton Lane; their number is (209) 474-1156.

- They are open everyday from 10:30 a.m. to 8 p.m. If you are in the mood for Italian food or looking to get stuffed, then De Vinci’s is perfect for you!

**Sudoku Challenge!**

Take on the Pacifican sudoku challenge and win a prize! This week, win one of three shirts from Pacific tennis or one of three tank tops from the Tiger Collection!

**This Week’s Challenge:** Medium

**Next Week’s Challenge:** Hard

**Last Week’s Solution**

- The outside of De Vinci’s on Thornton Lane has a casual feel to it.
**SPORTS**

**SOFTBALL**

**Pacific wins first conference series**

Drew Jones
SPORTS EDITOR

Women’s softball opened up their first conference series back in the West Coast Conference (WCC) this past weekend. The Tigers hosted Santa Clara in a three-game series, with a double-header on Saturday, April 5 and a single game on Sunday. Pacific took the series, 2-1.

The Tigers split the first day, falling to the Broncos in the first game but evening the score in the second matchup. Pitcher Tori Shepard ’14 took the mound for Pacific and had all but one scoreless inning throughout the game. Shepard also threw six strikeouts while only giving up three hits. The Tigers laid down the law with nearly a three up, three down inning before heading in the bottom of the first.

Left fielder Gabby Goyette ’14 sent a chopper to second base and legged it out to lead off the inning. Shortstop Melanie Habib ’16 followed suit with a single through the infield. However, the rally was cut short when the Broncos snagged line drives from right fielder Taylor Petty ’14 and second baseman Nicole Zapotoczny ’16.

The game remained scoreless until the top of the third when Santa Clara took the two-run lead. The first batter suffered a hit by pitch and was later moved to second on a sacrifice bunt. An error put two runners on base, but the second out was recorded at home from a fielder’s choice in the next play. However, the next batter sent a shot to center field for a two-RBI double. The Tigers got the next batter out, getting out of the inning quickly.

Over the course of the rest of the game Pacific came up just short, only recording two hits and zero runs. The Tigers ultimately fell to the Broncos, 2-0.

Game two proved to be a little different, with Pacific coming out with a little more fire. Five Tigers recorded at least one RBI throughout the match up. Pitcher Dani Bonnet ’15 entered the circle this time around for Pacific, gaining her seventh win of the season.

The Tigers scored three runs in the bottom of the third inning to take the lead. Habib had a single up the middle, and two batters later, first baseman Bailey O’Mara ’17 took a two-out walk. Zapotoczny came to the plate and sent a rocket to right center field for a base-clearing triple. Third baseman Cassidy Gustafson ’17 quickly sent her home with a double to right field to make it three.

Pacific battled through the order in the bottom of the fourth inning, increasing their lead to seven. They got four runs on four hits and sent nine batters to the plate. However, the Broncos lashed back in the top of the fifth, scoring two runs to cut down the Tigers’ lead.

Santa Clara came back again in the top of the sixth and scored three runs to pull them within two of the lead. Pacific got their act together in the bottom of the sixth with an RBI ground out from Gardner.

In the top of the seventh, the Broncos threatened yet again - scoring one run but it was not enough to propel them over the Tigers. Shepard took over in the final inning and recorded her first save of the season. Pacific took game two, 8-6.

The Tigers look to continue into the third and final game of the series, the Tigers looked to run away with the game before, the Dons were victorious in the No. 5 pairing, but Pacific defeated San Francisco, 4-1.

On Sunday, Pacific battled the Cal Poly Mustangs. The No. 4 pairings, Katy Taggart ’15 and Megan Birch ’15, swept Anna Gorman and Stacia Williams, 21-8, 21-13, to start off the day. The No. 1 pairings, Elman and Schulz, defeated Katie Conroy and Jennifer Keddy in a close battle, with a final score of 21-18 in both sets.

Although Shannon Fouts and Taylor Grunewald of the Mustangs were able to take the No. 5 pairing, Jessica Diederich ’17 and Francesca Zaragoza ’17, Pacific won, 4-1. This win pushes Pacific’s record to 6-1 on the season.

The Tigers look to continue their winning streak when they face Sacramento State and Stanford at the Raney Sand Volleyball Courts for a pair of matches on Sunday, April 13 at 9 a.m.

**SAND VOLLEYBALL**

**Tigers dominate on the sand courts**

Nicole Felkins
COPY EDITOR

The women’s sand volleyball team dominated over the weekend in tournament play at Sacramento State when they defeated University of San Francisco and Boise State, then took down Cal Poly on Sunday, April 6 at Pacific’s newly named sand volleyball courts.

The Tigers earned a 4-1 win against all three teams. The Tigers’ facility was dedicated to the Raney family on Sunday for their generous contributions to the Athletics Department, states Pacific’s website. The courts were named after Jen Joines and Chris Tamases.

On Saturday, April 5, the Tigers first faced Boise State and swept all four pairings despite being down a pairing due to an illness and injury. At the first pairing, the top team, Lexi Elman ’17 and Kat Schulz ’16, were victorious with a score of 21-5.

Mia Feiner ’16 and Gillian Howard ’15 did not blemish their perfect record as they won the No. 3 pairing to put Pacific in the lead. Although Boise State took the No. 5 pairing, Pacific defeated the Broncos.

Afterwards, the Tigers clawed their way to victory against San Francisco, a West Coast Conference rival. For the second-straight match, the Tigers took all four pairings. With all three Tigers coming back from being behind by one set, Pacific snatched three-set wins at No. 1, No. 3 and No. 4 pairings.

At the No. 2 pairing, Alicia Wilk ’17 and Kimmy Whitson ’16 scored a perfect 4-for-4 in sets played. Similar to the game before, the Dons were defeated in the No. 5, 21-6, 21-16, 17-21, 15-8, 15-12.
Tigers fall in toughly-fought battle

Max Huston
STAFF WRITER

The RecSports staff may as well have built a house on the penalty box for all the players living there during Friday night’s lacrosse game on April 4.

The Tigers put up one hell of a fight in this 16-4 loss. The San Marcos Cougars got off to a hot 6-3 start in the first quarter until new goalie Carter Crowell ‘16 found his rhythm and ended the day with 12 saves. However, it was Mike Jones ‘15 who started the scoring by dodging down the right alley and getting a nice shot off to the bottom right corner.

Pacific would score two more times in the first quarter thanks to J.D. Yonke ‘16. The final goal Pacific scored was in the third quarter by J.D. Yonke ‘16, his first goal of the season, off an assist from Dacar.

Altogether, Pacific earned 13 penalties worth 12:30 minutes total, while San Marcos received nine penalties worth 10:00 total. It was a very rough game. With slash calls (hitting too hard or in the head), illegal body checks (knocking someone to the ground via the head), conduct fouls (by San Marcos only),

...
**Softball suffers tough breaks in loss to Sac State**

SOFTBALL

CONTINUED FROM PAGE 16

the game, as well as their first conference series in the WCC. Shepard took the mound for the third time on the weekend and had a stellar game, to say the least.

Shepard pitched a full seven-inning game, striking out six and only giving up three runs. Despite giving up a leadoff single, Shepard cruised through the first inning, giving the offense an opportunity to score first. Goyette led the inning by reaching the base on a bunt to the pitcher. Habib laid down a sacrifice bunt to push Goyette into scoring position. O'Mara took a two-out walk, and Zapotoczny followed by reaching on an error with Goyette finding home. The Tigers led by one after the first.

Six up and six down in the second inning, the two teams moved into third still at 1-0.

Santa Clara took matters into their own hands, scoring two runs in the top of the third to take the lead.

In the bottom of the third, Petty attempted to get a two-out rally going with a double that bunched off the third baseman; however, it was ultimately cut short heading into the fourth inning.

Zapotoczny led off the bottom of the fourth inning with a single to right field. Gustafson moved her to second with a sacrifice bunt, and catcher Alex Steinmehl '15 brought her all the way home with a homer over the center-field fence. The Tigers batted around the order and scored four more runs to take a commanding lead.

The Broncos scored once more but could not get enough muscle to offset Pacific. The Tigers took game three, 7-3.

Unfortunately, Pacific's streak was ended on Tuesday, April 8 when they hosted Sacramento State. The game under the lights proved to be a tough one for the Tigers as they fell short pushing runs across the board. Notably, Zapotoczny cranked a two-run homerun to keep Pacific in the game, and Petty and Habib knocked a triple and double, respectively.

Habib had a day at shortstop, completing a triple play nearly single-handedly. Habib also made a double play, catching an over the shoulder pop fly in short center field and firing to second to catch the runner off the base. Also, center fielder Sara Anderson '16 laid down a bunt in the bottom of the fifth inning that rolled all the way to the outfield grass to plate Gustafson.

The Tigers head out on the road this weekend but return home on Wednesday, April 23 when they host University of California, Davis. First pitch is at 6 p.m. on Bill Simoni Field.

**Tigers triumph against the Gaels**

TENNIS

CONTINUED FROM PAGE 17

Pacific took first sets in the other three at No. 1, No. 4 and No. 5 singles, needing to convert one of the other three matches to win the match.

As the match pressed on, No. 1, No. 2 and No. 3 singles all headed into third sets with the match tied at 2-2.

From there, Miguel Diaz '17 continued to dominate the court after losing the first set, beating Thomas Hunt, 6-4, in the third. In addition, Sem Verbeek '16 clinched the match by defeating Joakim Norstrom in a third set breaker at No. 1 singles.

Denis Stolyarov '15 also came back and won in a third set at No. 2 singles, leaving a final score of 5-2. This moves the men's tennis team to 10-9 on the season as they head into their final home matches against Pepperdine and Loyola Marymount University this weekend.

Did you know?

Klein Family Field provided the Pacific baseball program with its first home field since moving the university to Stockton, Calif.
HEALTH & FITNESS

Some solid tips to stay in shape

Max Huston
STAFF WRITER

So, everyone is trying to get in shape, and I hear the same story a lot. “Man, I was really in shape in high school, then I got to college, and now I’m too busy to go to the gym.” Sound like you? Thought so. However, there are ways to work out without having it take up too much of your time.

My personal favorite way to work out is to hit the gym — hard. I know that everyone hears about ten different ways to stay in shape everyday. There are tons of philosophies and ideas flying around. You got to find what works for you, and maybe this is it.

When I say hit it hard, I mean you stack that bench with as much weight as you can lift and kick its butt. Same goes for bicep curls, squats, and pretty much everything. You can get a solid 10-minute workout if you lift as much as you can in ten minutes. This won’t replace a quality workout that takes an hour with a warm up, stretching and light weight lifts leading to heavy weight lifts, but it is still pretty effective. This is something you can do on your way to eat. It only takes ten minutes after all.

Another way to stay in shape that people often talk about is working out in your room. Boring? Yes. Effective? Yes. People talk about being able to lift your body weight all the time in the weight room. You know what else you can lift? Your body. Pushups, pull ups, sit ups and squats do not need to be done in a weight room. If you want that strong chest, crank out those pushups. If you want a strong core, do planks and sit ups. There are so many different kinds of sit ups. Just look online. If you want a well-toned butt (who doesn’t?) squat like there is no tomorrow. If your legs hurt the next day, you are doing it right.

However, if there is one thing that will help you more than anything, it is running. Oh, running. “But, I cannot get myself to go do it...it is too hard...it takes too long.” Excuses I say! Running is probably the best workout for you. It works your whole body, it will increase your lung capacity, make your heart healthier (so does any workout), and running is awesome, and, the best part, it makes your abs look awesome! Running is the best way to lose belly fat other than dieting, especially sprints. Sprints will help you lose that little underbelly fat.

Finally, dieting. Once I saw a picture of a food pyramid displaying the expectations of humans who place working out in the bottom, the largest portion, and dieting is located on the smallest part at the top. Then it showed the side of reality where the working out section and dieting section were switched. This is very true.

Working out burns only so many calories, even if you are at the gym for an hour. If you eat a 1000 calorie burger and 500 calorie fries right after, you basically just got those calories back. That is why salads and vegetables are so good for you: They can fill you up without giving you excess calories. Eating fewer calories will always help. But, if you really do not want to give up that delicious burger and fries, just eat half of them. 750 calories is a lot better than 1500.

Remember, there is always time to work out and stay healthy. You just have to find it.

TheDCLadies

Women’s tennis team player Hana Ritterova ’15 was the only Tiger to pick up a singles win in Pacific’s loss to Saint Mary’s over the weekend. Ritterova also picked up another pair of singles victories in the conference matchups against University of Portland and Gonzaga last week. Ritterova looks to keep the trend going in the coming weeks. (Photo by Keith Sanpei)