



NEMO ZAMORA | FOGHORN NEWS

Christian Ortiz practices playing volleyball April 13 at the Heritage Campus gym. The championship game is set for 5 p.m. April 17.

Volleyball tourney set for final series

Champion to be crowned after 4 teams fight through some intense matchups

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Four volleyball teams faced off against one another over the past few weeks in the best-of-three series, with each game going to 15. On April 12, only two teams remained in what would turn out to be a very close matchup. Team captain Santiago saw his squad facing off against team captain Miranda and her power squad. They initially were going to just play one best-of-three series, but after that went by quickly, they agreed to play a second best-of-three.

In the first game, Miranda found her team down early; however, they did a great job of communicating with one another to make sure everyone knew what area they needed to cover and how to properly serve to prevent giving the other team extra points. This showed some immediate improvement, as they found a groove and came back to win game one, 15-11. Miranda's team then cruised into the second game, with Xavier in particular using his strength to deliver fierce serves that would intimidate anyone too much to return. This led to a 15-6 win for Miranda's team and a quick 2-0 victory in the first best-of-three.

After a short break and discussion, they

began their second best-of-three series. Santiago's team had now gotten the hang of serving, and after fighting back and forth up to a 7-7 tie, Pat-rick Lund was able to deliver a few nice serves to put them up 9-7. They would see this lead diminished once Xavier got around to being the server again, but in the end Santiago's team battled out to a 15-13 victory in what was the most exciting match of the evening. Game 4 was a revenge game for Miranda's team, as they dominated in every way from the start. They finished it out 15-5 to ultimately force a final game, and surprisingly everyone still seemed energized as they were hustling and screaming for joy with every point earned.

The final game was very fun as it stayed close throughout the entire match, no one ever pulled out to more than a 3-point lead. Tied at 9, Miranda's team battled out a point with a chance to serve and pull away, and after scoring a few points, it looked like it was about over at 12-9. One mistake allowed Santiago's team to take the serve and they took advantage, scoring 4 straight points and finding a way to get back into it as they would end up winning 15-13 to take the second best-of-three series.

Since both teams came away with a series win, Carla Gamez-Vela, Intramurals director, explained that there will be one more best-of-three series to determine the champion at 5 p.m. April 17. The game is open to the public if anyone would like to watch and cheer on their classmates.

JESSICA'S JOURNAL

Prepare for, but don't worry about, future



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I am determined, but easily discouraged because it takes me so long to do anything even before I burn out. A slow work pace lets ideas trickle out with grace. It keeps me sane in the moment. Until I lie in bed at night and my brain starts working against me. Could I have done more? Should I have worked harder? Was it even hard work at all? If it wasn't hard work, why didn't I do more? Maybe all of it will be for nothing and that career I'm studying for will not pay off my student loans, car payments, mortgage and that emergency room stay I will need because I stress myself out too much.

As the semester comes to a close, it becomes more necessary to push ourselves. Getting lost in the chaos is like breathing. We don't even realize it's happening, it just does. Focusing on the next thing on the to-do list is a surefire way for you to not pay attention to what you are doing currently. In other words, thinking about your Spanish exam Thursday while studying for biology means you can't possibly take in that the mitochondria is the powerhouse of the cell. OK, we already know that by heart, but you get what I mean.

Take a deep breath, the kind you have to think about doing. Do the same when

you study, and really study. Take it in. Don't worry about the future. Prepare for it, but don't stress yourself out so badly that you skip class because you get overwhelmed. That leads to a larger amount of stress from getting behind and then feeling like you are running out of time.

I always feel like I'm running out of time. I see how others get so much done in a short timespan and feel jealous sometimes. Everything slips right past me until I realize I forgot to do something on my to-do list. Or procrastination calls my name and I come at the drop of a hat. I feel overwhelmed half the time. It sits in my chest like an organ, something vital to give me life. It is life.

Why does the passing of time haunt me? I am only 23. I see many middle-aged students here on campus all the time. They constantly remind me I'm not running out of time, both figuratively and

literally. (They are so kind!) In this day and age, the pressure to succeed and be a millionaire in your 20s is plastered all over social media. New influencers pop up every day, but I am no influencer. I am working toward graduating so I can have a regular 9 to 5.

With the stress from end-of-semester projects and finals creeping up, I think about graduating a lot. I worry about what comes next and if I will like it. I wonder if and when the feeling of running out of time will go away. Will it finally stop when I get a "real" job? Or will I just go from one rat race to another?

The doubts take time to change. I don't know if they ever fully go away, but everyone holds the ability to do what they set their mind on. Comparing yourself to others won't get you there faster. The competition isn't other people anyways. The competition is ourselves. Getting better than we were yesterday is how we win the little game of life.

Burning out has almost become a badge of honor. We wear it to show we put our all into something while internally screaming...

Paws & Relax

Pet Therapy Event

Hosted by the Counseling Center

Featuring:

- The GO TEAM Therapy Dogs
- Free Anxiety Screenings
- Stress Relief Goodies



Windward Campus
Wed, April 19th
10am - 12pm
Coleman Center, Student Hub

Heritage Campus
Thurs, April 20th
10am - 12pm
Harvin Center, Retama Room

Call 361-698-1586 for more info



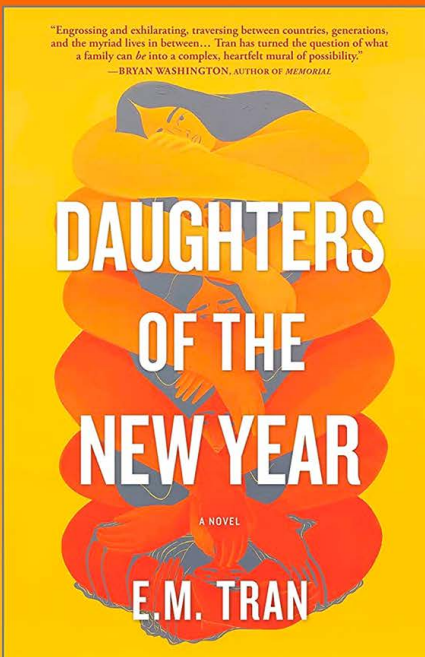

E.M. Tran

Reads from Her Debut Novel
Daughters of the New Year

Thursday, April 20th at 2:00 P.M.

Wolfe Recital Hall - Del Mar College Heritage Campus

Free and open to the public. For more information, please email sobernesser@delmar.edu



E.M. Tran is the author of the debut novel, *Daughters of the New Year*. Her stories, essays, and reviews can be found in *The Georgia Review*, *Literary Hub*, *Joyland Magazine*, the *Los Angeles Review of Books*, and *Harvard Review Online*. Her essay for *Prairie Schooner* won the Glenna Luschei Award for Nonfiction, and was listed as a Notable Essay in *Best American Essays 2018*. She completed an MFA at the University of Mississippi and a PhD at Ohio University. She was born, raised, and currently lives in New Orleans, LA with her husband and two dogs.

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