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University of the Pacific

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Class of 2018, welcome to your new safari

You are a Pacific Tiger now, and welcome to your new safari: University of the Pacific. Although tigers are considered solitary creatures, Pacific Tigers are anything but! These four years will likely fly by, so do not wait to explore all that Pacific has to offer.

The recently renovated Baum Fitness Center attracts many Tigers looking to sharpen their claws. Watch the latest blockbuster in the Janet Leigh Theatre in the comfort of your own campus. Attend a lecture by one of the many authors, professors, professionals, etc. that frequent our beautiful campus.

Take a stroll through the rose garden with a friend (or bring a crush to spark some romance). Cheer for the orange and black at a sporting event. Consider joining one of the many organizations this campus has to offer. Attend a concert performed by traveling musicians or Pacific's very own Conservatory in the Faye Spanos Concert Hall. Watch the drama unfold in a play on the Long Theatre's stage. Check out the latest exhibit in the Reynolds Gallery. Submit a piece of writing to Calliope, Pacific's literary and arts magazine, or write for The Pacifican.

As a Pacific Tiger, your weekly entertaining options are endless. Seemingly boring events can actually be quite exciting, such as lectures.

Pacific also provides you with countless opportunities to learn and open your mind. The events of Love Your Body Week are devoted to teaching young people how to develop a healthy image of their body. In February, the campus is packed with events for Black History Month. The Women's Center, PRIDE Center and Multicultural Center provide a safe haven for students who identify with minority groups.

Aside from making friends and exploring all your entertaining options, you are (hopefully) here to learn, so make sure you organize your time wisely to avoid all-nighters and a caffeine overdose.

Most of you are living on your own for the first time, and although it feels very liberating, it is easy to ignore all the work you must do without a parent physically present to hold you accountable. However, do not give in to the temptation: The satisfaction you get from knowing that you are doing well in your classes will likely exceed any joy you get from slacking off. A little discipline and organization can go a long way in helping you succeed.

Apart from the seemingly endless amount of homework, tests and lectures, college is truly a blast, especially University of the Pacific, so try to do as much as you can during these next four years.

When you proudly cross the stage at Commencement to receive your diploma, you will feel even prouder knowing that you tried to do as much as you could during your past four years at Pacific.

While you explore the university, do not forget to check out Stockton, Calif., your home for the next four years. It may take some digging, but you can unearth great treasures here, such as the Miracle Mile and Lincoln Center. The Miracle Mile is filled with a variety of interesting mom and pop shops, upscale bars, family-owned restaurants and more. Lincoln Center is home to a variety of stores, from trendy boutiques to swanky restaurants. So, be sure to explore your new city before you graduate!

Although students typically "find themselves" in college, there is no rush to discover who you are. However, that is why it is so important for you to try as many new things as you can. Now is the time to ignite your hidden passions, for you will likely not have enough leisure time in the future.

Take classes that truly interest you, so you can pick a major that aligns with your values and interests. Students often switch their majors, so do not be alarmed if that happens to you: It is part of the college experience.

After you graduate, if you tried to do all you could, then you will leave feeling accomplished. However, if you do not try, then you will feel like you wasted your time. Do not shortchange your own college experience: Explore as much as you can! When you move onto bigger and better things, remember to keep in touch with professors, Pacific staff and alumni who helped you along the way.

Pacifcally,

Nicolette Felkins
EDITOR-IN-CHIEF
Knock ‘em dead: The Tiger bucket list

Nicole Felkin
EDITOR-IN-CHIEF

Before you graduate, try to complete as many items as you can to earn your Tiger stripes.

1. Explore your wild side at a Tiger Escape, which is organized by the Baun Fitness Center. Past events include zip-lining through Redwood trees and hikes in Yosemite National Park.

2. Display your Tiger pride by cheering for the orange and black at as many of Pacific’s sporting events as you can.

3. Climb the 36 ft. rock wall in the Baun Fitness Center, as Pacific’s website notes.

4. Watch Pacific’s Conservatory perform in Faye Spanos Concert Hall.

5. Become an active member of a student organization on campus. There are a variety of interest-based clubs, academic and religious organizations, and professional and social fraternities you can join.

6. Stretch your paws at a TigerX class. Try something new, such as yoga or cycling.

7. Attend as many Homecoming events as you can this year, especially the parade on the Parade Mile. The annual event features a 5k Tiger Dash, wine tasting, Midnight Mania basketball, Lip Sync and more! Family and friends are encouraged to attend. Homecoming is from Friday, Oct. 17-19.

8. Dance all night at a themed party hosted by a Greek organization or at Pacific’s annual Block Party. Do not miss the Block Party this Saturday, Aug. 23 from 9 p.m. to 1 a.m.!

9. Find your go-to spot to study in the library. Be sure to explore the library too, such as the Holt-Atherton Special Collections, which is located in the basement. It is home to most of John Muir’s papers, as well as historical artifacts.

10. Receive an escort by the university’s STRIPE service, so you do not have to navigate the campus in fear, or in high heels, at night. They operate daily between 6 p.m. to 2 a.m. and can be reached at (209) 598-2546.

11. Cook a meal with fresh produce from the Ted and Chris Robb Garden, which is located between the Geosciences and Communication Building. According to Pacific’s website, you can choose from tomatoes, peppers, basil, eggplant, flowers and more. They are available for purchase during Robb Garden Days, which are held on Wednesdays from 4-6 p.m.

12. Take a class that really interests you, even if it does not count towards anything. It may lead you to change your major.

13. Find professors who inspire you, and keep in touch with them after graduation.

14. Celebrate the holidays with friends and family at Pacific’s annual Holiday ROAR on Wednesday, Dec. 3 from 4-7 p.m. in the DeRosa University Center Ballroom. There will be music, comfort food, a tree-lighting ceremony and an ugly sweater contest, informs Pacific’s website.

15. Watch one of the several productions the Theatre Department performs Pacific’s website.


17. Paint the rock. Spray painting a “graffiti rock” after midnight is a time-honored tradition of many Greek organizations and clubs at Pacific, and both rocks can be found outside of the Anderson and Baun Halls. Just be sure to exclude any offensive or profane content.

18. Write for The Pacifican. Report on the events you attend on campus, or present your arguments on a controversial issue in our weekly Black and White column.

19. Join a RecSport. You will be able to experience the competition and excitement of a sport without the immense pressure to win. Choose from a variety of sports; for example, sand volleyball, flag football, softball, indoor soccer, three on three basketball, table tennis and ultimate Frisbee. The events are designed to accomodate your individual skill level, reports Pacific’s website.

20. Graduate! Amidst your undergraduate adventures, it can be easy to forget why you are here. Make sure you apply for graduation, so you can walk across the stage in victory.

Best menu items for places to eat in Stockton

Sarah Yung
COPY EDITOR

Let’s set the scene: You are leaving class, looking for something to please your picky palate. Or the weekend arrives, and you are seeking a great place off campus to dine with friends. In any case, give one of these enticing entrees a try next time you are searching for a satisfying bite to eat.

If you are on campus, give one of the following meals a go. Who knows, you may just discover a new favorite.

1. Egg, Chorizo and Provolone Burrito - $4.65*

2. Perfect Pulled Pork Sandwich - $6.50*

3. Meat Lover’s Calzone with Garlic Spread - $7.65*

4. Garden Piadini with Sweet Potato Fries Bundle - $9.00*

5. A scrumptious, juicy burger topped with a fried egg, bacon, chipotle sauce, fried jalapenos, grilled onions and the works. Pair it with a thick pistachio shake ($4.95*) and you are in for a real treat.

Find me at: E.A.T (Easy Artisan Takeout) food truck

Find me at: E.A.T. truck

Find me at: The Lair

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*Prices subject to change.

Patrick Giblin
The Easy Artisan Takeout (E.A.T.) truck is open Monday through Friday from 8 a.m. to 3 p.m.
Survive your first week of class

Jodi Tai
NEWS EDITOR

The first week of college can seem both exciting and daunting, especially for freshmen. Here are some tips to help make the transition easier.

On the first week of school, it is important to make the effort to talk to people in class. Introduce yourself. Ask about other students’ summers. Classes and dorms are the two places you will meet most of your new friends during your first week.

Make it your goal to learn at least two people’s names in each of your classes. Being social on your first week equates to being approachable. It will lead you to new friends.

Get out of your room as much as possible. Go to the cafeteria. Explore the campus. Shop at The Grove. Holing up in your room will make you complacent. Sooner or later, you will find yourself stuck in a rut and missing out.

Do not wear your lanyard. Lanyards are a great way of keeping tabs on your keys and student ID card. However, wearing the one the school gave you at orientation broadcasts to everyone that you are a freshman.

Most students do not wear their lanyards after the first couple weeks of class. If you want others to know you are a freshman, wearing a lanyard around your neck is a great way to meet other freshmen. Otherwise, keep your lanyard in your pocket or around your belt to blend in.

Do not use the trays in the cafeteria. This is another way to silently announce that you are a first year. Most students just take their plate of food, grab a fork, and sit. If you are having a bowl of soup or a single plate of food, it is unnecessary to use a big lunch tray to carry it around. College kids are all about being on the go. Grabbing a tray and returning it is much more work than simply grabbing your food and a fork.

Do your research. Find out about clubs, organizations or activities on campus without joining all of them on the first day. Take your time to ask around or observe fliers on campus before you devote your time or spread yourself too thin.

Visit the Multicultural Center or your professors to learn about organizations, events and guest speakers. Pick up The Pacifican and check out the latest campus news, restaurant reviews, recaps on recent sports games and more. Determine what you are interested in and get involved on campus.

Lastly, make sure to participate in class. Do not be afraid to raise your hand on the first day. The teacher will remember you and appreciate your contribution. An engaging student makes a lasting impression, and the professor will reciprocate the attention. Remember that a solid professor-student relationship can open doors in the future.

Get a full night’s rest. If you do not get enough sleep, then you will be even less motivated to attend class. Your nerves can distract you from falling asleep, so before you go to bed, practice some relaxation techniques to help calm your body and clear your mind.

Good luck Tigers! Hopefully these suggestions will help you both in and out of class. Put yourself out there, whether it be with professors or new friends. It will make the rest of the year worth it.

Get social with The Pacifican!
Reform your dorm

Jodi Tai
NEWS EDITOR

Besides the obvious things every dorm needs, there are a few forgotten lifesavers. Here is a list of seven underrated essentials that you should consider investing in.

**Febreze.** It is an odor eliminator and air freshener. Squirt some in your room, open the door, and let it air out the smell.

College students are not known for being the cleanest; use Febreze to ensure you are breathing in fresh air if you or your roommate has the smell of last night’s dinner lingering in the room.

**Wet wipes.** You should probably use these before you even move in. Another student lived in the room and on the bed before you. Wipe down everything before you put your stuff on it.

Throughout the year you will need wet wipes to clean up sticky spills or dirty spots. Dust builds up after a while too. You will make good use of these.

**Garbage bags.** They make throwing the trash away so much easier. The school does not provide them, but if you do not use them, you will be stuck with gross trash remnants sticking to the inside of your trash can. Garbage bags will save you the pain of smelling and dealing with the debris.

**Sponge and dish soap.** Whether you resort to silverware because the disposable forks ran out, or whether your sink, cup or other utensils get dirty, a sponge and some soap are great investments to guarantee that things stay clean.

**Eye mask.** Between you and your roommate, one of you will probably sleep earlier than the other. An eye mask can mediate the coexistence of sleeping and studying in the same room. Eye masks block out the light and make it easier for your body to assume sleep. They are also great for naps during the day.

**Extra seating.** Bean bag chairs are ideal for dorm rooms. You are probably going to entertain guests this year. If dorm lounges are too crowded or noisy, you and your friends will probably want to hang out in your room. Each student is provided one chair. However, if your roommate needs their chair, you are out of luck for your guest.

If you and your guests plan to work together, or even talk to each other, sitting space on your bed and your single chair will not be sufficient. Consider investing in extra seating and make lounging around in your room more comfortable for everybody.

**Mirrors.** Not all dorm rooms have them. If you don’t mind looking like a zombie in the morning before getting to the bathroom or crowding around a shared mirror, then it is not a problem. However, for those who want to know what they look like before they go out, a table mirror or a full-length model hung behind the door will suffice.

Most of these items can be found at The Grove or Target. The Grove, the convenience store located next to the Janet Leigh Theatre, has almost everything you might need to last you the school year. Do not worry too much about finding everything you need at once. Learning as you go is part of the dorm-room experience. Good luck Tigers!

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Interesting classes at UOP

Sarah Yung
COPY EDITOR

So maybe you are looking for an intriguing, under ground class that fulfills a general education requirement. Or maybe you are searching for an interesting class that merely fulfills a certain number of units. Whatever the case, here are a few of the most interesting classes Pacific offers.

**Physics of Music (PHYS 039)** is a four-unit course that fulfills GE requirement IIA, while also showcasing the basic physics behind music.

While we are on the subject of music, checking out Topics in American Popular Music (MHIS 007) could prove just as fascinating. This three- unit course focuses on a different subject each semester, ranging from 1950s to 1960s music to folk music throughout America’s history. It also conveniently rides your schedule of GE IIC, the visual and performing arts requirement.

**History of the Antilles** and** Asian Cinemas (ASIA 120)** or La Francophonie (FREN 122) both four-unit classes cover the film, literature and cultural identity of either Asian countries (including China, Hong Kong, Taiwan, Japan, Korea, Vietnam and India) or the French-speaking locales of Africa, the Antilles and/or Canada. Asian Cinemas covers GE IIC and film major requirements, while La Francophonie completes your GE IC obligation.

Whether you are trying to complete GE requirements or just looking for a fun time, Pacific has the classes for you.

These are merely a few of the many classes Pacific offers, so be sure to check out the full 2014-2015 academic catalog for additional compelling options, such as playwriting, martial arts, film production and mineralogy.