The Pacifican February 26, 2015

University of the Pacific

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Phi Alpha Delta, law fraternity, hosts legal panel

Introducing its first annual legal panel, Pacific's professional law fraternity Phi Alpha Delta hosted a discussion on Feb. 19 in the Presidents Room. Guest speakers included Judge Kimberly Corsaro, Attorney Joshua Hunsucker and mediator Zoey Merrill. For more information, consider following the fraternity's future events.

Musings of the artist: Calliope unveils new issue

Thursday, Feb. 26 marked the Calliope Release Party in Pacific's Regent's Room. Professors Courtney Lehmann, who holds a Ph.D. in English, and Brett DeBoer, who has a Master of Fine Arts in Graphic Design, opened the ceremony by speaking briefly about the history of the Greek muse, our school's literary and arts journal and the hummingbird-adorned label of Calliope Wine, which was served at the event.

This issue of Calliope is titled "Opia: Revealing the I" and features cover artwork by the head of the visual arts team, Andrew Bishofberger '15.

The Dictionary of Obscure Sorrows defines opia as "the ambiguous intensity of looking someone in the eye, which can feel simultaneously invasive and vulnerable — their pupils glittering, bottomless and opaque — as if you were peering through a hole in the door of a house, able to tell that there's someone standing there, but unable to tell if you're looking in or looking out."

The two new co-editors-in-chief for the 2015-16 school year, Emily Olson '17 and Sarah Yung '17, presented awards and introduced two poets who shared their work. Christine Viney '16 read her piece "If My Mother Were a Poem." Afterward, Viney shared that her mother is an artist: "She is a little bit out there, and I wanted to capture that quality." Serena Zhen '14 received the award for Best Overall Submission and read her poem "Do You Remember?" about her grandfather. Since he lives in San Francisco, Zhen did not get to see him very often, but she took some of her favorite memories and crafted them into a touching piece. Both women said they were nervous to read their work, but they felt honored and pleased with the publication.

From 2009 to 2013, Calliope received five APEX Awards for Publication Excellence, and this latest edition looks hopeful as well. Submissions for the next issue are open until the end of this school year, May 2015. The new editors specifically spoke toward a wish to involve more of the University outside of just the humanities. If you are interested in becoming an editor, working on the digital formatting, submitting your work or if you have any further questions, please contact Sarah Yung (s_yungi@u.pacific.edu) or Emily Olson (eolson7@u.pacific.edu).
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LETTER FROM DEAN TROW

Lights, camera, action? One button does it all!

On Feb. 25, the University Library cut the ribbon on a new, fully automated professional video recording studio, designed to make video production “a cinch” for faculty and students with little or no multimedia experience.

Professors can now easily produce and upload speeches, class lectures, clips and more to the web, without ever setting up a camera, adjusting lights, plugging in a microphone or even turning on their computer. “You just walk in, place your flash drive into our USB hub, press the big button and step in front of the camera to start recording. It’s incredibly easy to use,” explained Martin Lehman, instructional media coordinator and the studio’s technical project manager. “Anyone can now make a professional video without mastering complex, time-consuming editing tools.”

“It’s a great resource for the library,” said Assistant Dean Virginia Trow, library sponsor of the new program. “We hope the new studio will help faculty ‘flip’ their classrooms, and give students more opportunity to build digital assets into their course assignments and creative work.”

The Library and the Center for Teaching and Learning, the University’s digital learning support organization, have teamed up to create the new multimedia program, which took two months and less than $5,000 to complete. For more video savvy users, the program also provides an upgraded editing lab and a supply of high quality video equipment for checkout.

Dubbed “The One Button Studio” by its creators at Penn State University, the automated video studio system was launched in 2013 and has been installed in a number of colleges and universities across the country, including the University of Nebraska and University of California, San Diego. Penn State has freely shared the software and now makes it available as an application in Apple’s App Store.

Students, faculty and staff celebrated the launch with a One Button kickoff party in the main library lobby at 4 p.m., featuring food, drink, music, studio demos, giveaways and a faculty “incentive program.”

Sincerely,

Virginia Trow

Intrim Assistant Dean
University of the Pacific Library

Fruit from the money tree: White Plum co-owner visits Pacific

Gitaine Chaisson
CONTRIBUTING REPORTER

Rodney Zwahlen visited University of the Pacific’s Stockton campus last Tuesday and met with the Public Relations Student Society of America. The Pacific PRSSA chapter is an organization for students interested in public relations, communication and marketing.

Zwahlen talked about the use of social media to brand and promote an online business. Zwahlen is the co-owner of White Plum, an online fashion boutique in Modesto. White Plum was originally a side business; after two years it has grown to 60 employees and has made $8 million annually.

Based off of a recent report, 22 percent of White Plum customers have found the business through social media, and 90 percent of the time the platform is Pinterest. Pinterest has played a big role in the marketing of White Plum. It is free, visually based, reaches their target market and links straight to their website. White Plum also uses Facebook, Instagram and blogs for promotions and giveaways. They partner with popular bloggers to reach a wider audience they might not find on other social media. In the future, this online business is going to explore print media and reach a new market offline.

Pacific PRSSA invites numerous speakers to campus and plans multiple trips to firms and corporate offices every semester. For information on how to be apart of this exclusive club and when our next event is, email the faculty advisor Dr. Heather Hether at hhether@pacific.edu.
TOWN HALL: Where is your money going next year?

Nicole Felkins
EDITOR-IN-CHIEF

On Tuesday, Feb. 24 at 3 p.m., the Institutional Priorities Committee Town Hall commenced in the DeRosa University Center. IPC, the primary planning and budgeting group of the University, reported on their preliminary budget recommendations for the next academic year. IPC Chair Dr. Farley delivered introductory remarks and moderated the event. Farley discussed several programs that will be eliminated. Farley explained that by broadening the University’s initiatives, they can enhance educational opportunities for students in the region while also increasing their visibility.

Pacific President Pamela Eibeck was pleased to report that Pacific remains a financially sound institution with a growing endowment base. Eibeck touched on a new housing initiative, which was further discussed by CFO and IPC Vice Chair Ken Mullen. The residential facilities, which are behind by 20 years compared to the University’s peers, will be updated. Because the project will require significant investments, Pacific plans to borrow money.

Before Mullen got into the budget, Farley pointed out the pros and cons of the incremental budget model they use. IPC examines incremental cost increases based on the previous year’s allocations and tries to find incremental sources of revenue to cover them. Farley acknowledged that it was not the most efficient budgeting method, and that they are thinking about adopting a new model.

Using PowerPoint, Mullen presented a number of graphs sharing University data on enrollment and tuition figures. Mullen discussed the enrollment numbers IPC recommends for the next year. For example, IPC recommends the University to expect 945 freshmen to enroll next academic year. Although 924 students enrolled this year, the University expects higher enrollment in the fall. There was a slight increase in the total number of students attending the University this year, marking it at 5,189. Mullen also talked about what drains the University coffers, like operational costs. The University revealed this year’s 3.8 percent increase in tuition rates were proportional to other comparable colleges, such as Santa Clara University. In addition, Pacific plans to build its rainy day fund.

Provost Maria Pallavicini elaborated on the details of the McGehee Action Plan, which will pull some of its funding from SIF. Due to an expected drop in enrollment, the University hopes to attract more students by focusing on three areas, such as employing strategic marketing to rebrand the law school in Sacramento, Calif. The city of 2.3 million residents is “poised for substantive growth,” stated Pallavicini. The Plan calls for a practice-ready curriculum, with an emphasis on programs in environment, water and capital lawyering. Lastly, the University will expand the career placement and networking opportunities of McGehee School of Law students.

IPC is composed of the provost and vice presidents, five faculty members, two deans, a staff member, two students, two administrative representatives and a representative of the Arthur A. Dugoni School of Dentistry, if those schools are not represented in other positions. After receiving campus input following the meeting, IPC submits their recommendations to Pacific President Pamela A. Eibeck, and she forwards her recommendations to the Board of Regents, who vote on it in April. Following the presentation, the floor was open for questions from the audience. If you would like to share your comments concerning IPC’s recommendations, please forward them to IPC@pacific.edu.
Should study abroad students worry about ISIS?

Oula Miqbel
STAFF REPORTER

Studying abroad is a huge decision for any student at Pacific. It looks great on your resume, and it is a great opportunity to expose yourself to cultures beyond your own. But you can’t deny that it is terrifying to think about being alone in a foreign country, where you may even be immersed in a language you don’t understand. University of the Pacific does offer several options so you can select your ideal country abroad. There are also precautions the University takes into account when sending students abroad to ensure their safety. However, there are certain provisions Pacific cannot really prepare for when sending students overseas. One specific instance that comes to mind is terrorist attacks. As tongue-in-check as that may sound, there is a potential risk of danger in studying abroad, due to territorial skirmishes by terrorist organizations. Recently, ISIS has claimed that it will take over Rome and seize the Vatican. As outlandish as that may seem, such threats should not be ignored; after all, ISIS has a history of being volatile, impulsive and erratic. Despite the outrageousness of their demands, they have unfortunately straightforward counterparts. So I do not plan on changing my plans because of the smallest possibility. Regardless of any existing trepidation, the University will still allow students to study in Italy. There have not been any current claims or suggestions over the ISIS controversy; however, there are several information sessions students can attend where they can understand the full safety measures Pacific has in place for students studying abroad.

According to an article by The Catholic Herald, a news publication in Italy, the Italian government has stationed 500 troops around Vatican City and has set more officers around Italy’s borders. Italy’s government is not taking threats from the terrorist organization lightly, since ISIS released a video last week displaying the execution of 21 Christian civilians from Egypt.

Fox News analysts are making a few interpretations of ISIS’ statement as well, discussing whether or not the threat is a literal one, or if it perhaps means more of a metaphorical target on the backs of Christians. Another theory Fox News explored was that perhaps the video’s aim was to “drum up support in Libya for those who have a lot of hostility toward Italy because of its colonial past in North Africa.”

Some fear ISIS’ threats to be credible and literal and worry that an attack is imminent — especially since Libya’s shores are only 271 miles from Italy, which Fox News correspondents referred to as “the doorstep to Europe.”

However, many Italians are showing very little concern, even taking to Twitter earlier this week to mock the terror group’s new social media campaign “#We_Are_Coming_0_Rome.” BuzzFeed News shared an article with screen grabs of Italian citizens’ tweets, using the hashtag and inviting ISIS militants to see some of the local sights while advising them on the best places to eat in the city.

One student, Sherilyn Lozano ’17, who will be studying abroad next academic year in the Eternal City, said of the threats, “Although recent events have made my decision [to study in Rome] questionable, I feel that threats are made all the time, and in most cases the largest disasters are unanticipated anyway, so I do not plan on changing my plans because of what could happen.”

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Is Pacific’s campus getting safer or more dangerous?

Oula Miqbel
STAFF REPORTER

February 26, 2015

On Thursday Feb. 12, the University sent out an email notifying students of a shooting that killed a man and critically injured a woman on Wednesday night near University of the Pacific. However, as tragic as that was, it is unfortunately not uncommon to hear of violence near campus.

According to reviews on Niche.com, a college ranking site, the University received a mere C+ in safety, which was rather unexpected. Searching through the site and reading anonymous comments left by students about the safety of the campus really makes you wonder: Is Pacific safe?

Although the University has its own police force and blue emergency lights around campus, is that enough to make students feel secure?

Apparently not, according to one anonymous commenter on the website: “The campus is very dimly lit. The emergency buttons are spread out quite a lot, and apparently it takes police two minutes and 30 seconds to arrive. Although this is a private school, anyone and everyone is allowed to walk on. There are always police sirens going off. A boy was mugged two weeks ago on campus.”

However, not all students agree with the first commenter. Another student stated, “Stockton is a notoriously unsafe city; there are always incidents that can’t be prevented, especially from outsiders coming onto campus. There are campus police driving around almost constantly, and the Stripes Cadets take people from one side of campus to the other, which provides a safe environment for most students. But you have to be aware still since recent events have shown that anything could happen.”

So which is it — is Pacific safe, or unsafe? We can undoubtedly agree the city of Stockton itself is not the safest city in America, but does Pacific have a sufficient amount of security to ensure the safety of its students, or is there more the University can do to guarantee its students’ tranquility and wellbeing?

Obama on terrorism

Thomas Levy
STAFF REPORTER

In a recent speech made at the White House, President Barack Obama remarked that terrorism by way of Islamic extremism is due mainly to “grievances” suffered by the Muslim community spanning the last 2,000 years.

This idea states that modern terrorism inflicted upon the western world by radicalism sprouting from the Middle East is driven by the fact that Muslims have been repressed time and time again. Not only is this simply untrue, but President Obama’s speculations are borderline distasteful, as he implies that a particular group of Muslims act only on their feelings of historical devaluation.

On one hand, we have seen a major influx of anti-Islam sentiment here at home after the former administration alienated Muslims. Luke Colbert ’16 recognizes that Obama “was not dealt the greatest hand” in respect to mutual trust between — and social outlook of — citizens nationwide. The recent attack in Chapel Hill, N.C. suggests that terrorism is neither race, faith or geographically based, and that we are entwined with our own internal struggles against terror. Colbert added, “We are making strides in the right direction,” but the American Muslim community has a right to be concerned.

Terrorism carried out by Radical Islam in the most recent decades cannot be from something that happened only weeks ago; it must instead derive from something seeded more deeply. In his speech, the president made note that neither education or lack thereof, nor poverty and wealth, contribute to people embracing “violent ideology.”

Over the centuries, Muslims rich and poor have set up various empires and caliphates spanning the Middle East and Europe. America and its allies have recognized the last century as the end of the age of conquering empires and have embraced a new era of global cooperation. Specific groups in the Middle East have not yet acknowledged this and continue on with Old World conflict.

Morgan Smallwood ’15, for one, believes the current administration “has not done enough to prosecute those involved in the last eight years of terrorism and war.”

Obama has not invested enough time or effort to view the current Middle Eastern threat as a centuries-old conflict; he must understand that his enemies are not fueled by self-pity.
Black vs Orange

Topic of the week:
New Greek RAs

CON

Drew Jones
SPORTS EDITOR

A new system for on-campus Greek housing will begin next year, as Housing and Greek Life has decided to allow Greek residence assistants, as opposed to graduate RAs, to handle the issues that arise in Greek houses.

Not only would these new RAs be able to offer better support but, while this may be chance to show off your letters with pride, this new position equally allows a chance to break down the barriers that Greek letters sometimes create.

Here at Pacific, we seem to take pride ourselves on our Greek unity: We don’t spend our time trashing other houses, and we come together to support each other.

What would be a better way to show off our Greek unity than to be able to put our affiliations aside and live together peacefully, despite the letters on our shirts?

Another plus side to the new RA position is that this campus would finally have active Greeks representing active Greeks on our campus to the Housing Office.

Because so many of our Greek houses are also campus-owned facilities, there are many aspects of the houses that may be out of the control of the chapter.

By having an affiliated Greek RA in each campus-owned facility, they might better understand the needs a chapter may have for the house and can present those needs in a professional setting to the Housing Office.

By placing an RA into these houses, we create a stronger bridge between the Greek community and the Housing Office, which can create an overall stronger community across campus.


PRO

Jessie George
CONTRIBUTING REPORTER

With the introduction of the new Greek RA position, as with the rise of any other new regimen, there is bound to be some hysteria on both ends.

Introducing new people into an already established Greek community can be awkward and difficult. Sure, on a small scale, it may seem like an invasion – something that would be hard to make work.

However, when we really step back and take a look at the big picture, it becomes clear that this new position does not change the cosmos as much as people may believe. When it comes to placing RAs into the Greek communities, there is actually little difference than having the current RDs (Resident Directors) in the houses.

Yes, these RAs will be the same age as the affiliated members; however, this is no different than RAs being the same age as their residents in a traditional residence hall.

In fact, this might even be better in the Greek houses because the RAs will better understand the undergraduate culture and the Greek culture of the campus as they live it day to day (same as the affiliates). In comparison, the RDs are more immersed in the graduate student culture.

This more in-depth understanding of the daily life of a Greek-affiliated student at Pacific would allow these RAs to provide a unique kind of support for their affiliates because they have firsthand experience. While some members of chapters affected by this new housing situation may be concerned about the privacy of their ritual and sacred spaces, a Greek Resident Assistant would be aware of the importance of these traditions and would understand the importance of respecting them.

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By placing an RA into these houses, we create a stronger bridge between the Greek community and the Housing Office, which can create an overall stronger community across campus. A community of Housing and Greek life – two separate entities – still still bonded together by the creation of a simple position. A community of Greeks working with Greeks. A community of unity.

Sarah Hamburg ’15, a member of Delta Gamma, stated, “I think it is an interesting idea that could either go really well or really poorly. It is all about how the new RAs and the chapter decide to handle the whole situation,” mentioned Hamburg.

Even if this situation pans out well, it still begs the question if, for example, a Sigma Chi member has the right to live in Theta Chi. The point of living in Greek housing is so one can get to know those whom they share the same values and traditions with. By accepting a person outside of this realm, it diminishes these traditions that every house has protected and grown accustomed to.

As a member of a Greek fraternity on campus, the idea of Greek RAs is shocking and quite unpleasant. Personally, I wouldn’t want a member of another sorority or fraternity makes it difficult to protect ritual practices, as well as maintain the general atmosphere.

A Greek RA will have the opportunity to hear about things that are sworn to secrecy within another house, which defeats the purpose of having different fraternities and sororities on campus.

Not to mention the fact that a particular Greek RA has animosity toward another house – which we all know is not uncommon – the living situation could cause more problems than those immediately foreseen.

“Each Greek organization has practices and traditions that are privileges earned by the initiated members. It is unfair to require RAs who do not fully understand the values of the homes that they are moving into rather than graduate RAs,” expressed Sarah Hamburg ’15, a member of Delta Gamma. Since the Delta Gamma sorority house is considered “off-campus housing,” they will not be affected by the Greek RA policy.

Kappa Alpha Theta is the other Greek house that will not be affected.

Southwest Hall RA and member of Kappa Alpha Theta, Jessie George ’16, looks at this new policy optimistically. “I think it is an interesting idea that could either go really well or really poorly. It is all about how the new RAs and the chapter decide to handle the whole situation,” mentioned George.

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Celebrate spring break by taking an adventure

Sasha Kasoff  
STAFF REPORTER

Next month the students and teachers of UOP will be blessed with a full week off for spring break. Obviously, sleeping in will be a luxury but real the question is what else to do with your freedom? Here are a few ideas to help you plan ahead to make the most of this mini-vacation.

Some students are taking the opportunity to explore Northern California, and Stockton is a great location to set out from. The Bay Area and San Francisco are just an hour and a half drive away, and full of various activities to appeal to everyone: shopping, theatre, music, comedy, museums, food, hikes, you name it. Sacramento and Davis are about an hour up the 5 Freeway, with their own attractions, such as Old Sacramento. Other students are journeying even farther on planning road trips to amusement parks in Southern California or up to Oregon, Disneyland, Universal Studios, Knotts Berry Farm, Sea World, Six Flags, several zoos and more could be the destination for a fun road trip. The Sylvia Beach Hotel in Oregon has book- and author-themed rooms and is the destination for a sophomore couple, Emily Olson and Asher Bergtraun, who are “Really looking forward to a few days away from campus and our busy schedules.”

If you want to get away from the cities and into nature, Yosemite National Park is beautiful this time of year and under three hours away. There are many KOA campgrounds you can pitch your tent at, or cozy cabins and bed in breakfasts you can rent if you want more of a roof over your head. During the summer it is very hot there, even at night, which makes the outside campfires less cozy. Often the waterfalls they are famous for are less than spectacular during the summer as well, and are at almost optimal viewing levels right now.

If you prefer the beach over the mountains, there is a lot of sunny coastline you can visit. The Monterey Bay Aquarium is a fun and pretty affordable full-day trip. Only about a two and a half hour drive away, the day costs $35 for students or $50 for a year membership if you plan on going back. There are plenty of beaches, from Santa Cruz to Pt. Reyes and Bodega Bay. There are even horseback riding options on the beach if you are feeling extra adventurous.

To avoid procrastination, another suggestion is to cram as much homework as you can into the first weekend, so you can enjoy the rest of your time guilt-free. The library on campus will remain open over break for all your scholarly needs. The campus will also be fairly empty if you want to take advantage of the quiet. Anastasia Chilimidos ’16 said she is looking forward to her break plans: “Probably staying on campus but might see my family and network a bit.” Will all your roommates be gone? The Baum Fitness Center will be open, with slightly different hours if you want to try out a new machine or just keep up with your fitness schedule.

Work on the stack of books you’ve been meaning to read, enjoy the sunshine, try something new and attend some events on campus whatever you decide to do, have fun.

REACT to FILM Club gets revamped

Allison Williford  
STAFF REPORTER

A reemergence of the REACT to FILM Club has hit our campus in stride. Returning to Pacific after being on hiatus, this chapter is being restarted to give current students the opportunity to view and discuss significant documentaries that debate relevant issues. Attendees have the chance to view various films throughout the semester and discuss the controversial ideas being presented in a safe, academic atmosphere.

President Megan McVey ’15 gave some insight on the prospects of the organization. Her decision to bring back this club to University grounds was fueled by her desire to inspire students to consider social issues presented through film. As an aspiring filmmaker, McVey believes film is one of the best tools to bring about social change. A couple of worthy goals of this club include calling attention to important social issues and getting students involved to promote awareness of the subjects in each film. McVey emphasizes her goal is “most importantly [about] discussing these topics with their peers.” Any successful club has a motivating factor behind it that drives people to join and participate, and this organization is no different. McVey says it is important that students join the club because it can give them a platform to make a difference in the world. It also shines a spotlight on social issues that might otherwise go unnoticed.

Plus, it’s a great way to meet likeminded people who share a passion for film and discussion.

The next documentary will be “Matt Shepard is a Friend of Mine.” McVey previewed it as such: “It is about the infamous hate-crime case against a teenage gay man who was beaten to death and how his friends, family and the rest of the world reacted to it. In collaboration with the UOP PRIDE Alliance Club, this film will be coming to campus April 8 at 7 p.m.” To view a preview for this film, go to https://www.youtube.com/watch?v=UJq46ewVRk.

To get involved or to gain more information, attend the next meeting for the REACT to FILM Club this Thursday, Feb. 26 at 5 p.m. in the Multicultural Center.
A NIGHT OF CULTURE, DANCE, COMEDY, POETRY, AND MORE!

Afghan Orphan Relief Presents
The Future of Afghanistan
Annual Cultural Fundraiser
Featuring Qias Omar
And spoken word artist Tamara Khan
FEB 28TH, 2015
Grace Covell Banquet Hall
University of the Pacific
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Stockton, CA 95211
$15 online $20 at the door
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AFGHAN ORPHAN RELIEF INC. 501(c)3 Non-Profit

The warning came as early as Acts I, Scene 2 of the Shakespearean classic "Julius Caesar." "Beware the Ides of March," says the Soothsayer to the proud dictator. The caveat gets written off as the words of a dreamer, and it’s not much later that Caesar faces an untimely death.

He should have listened.

And — “Et tu, Brute?” — you should heed caution too. No, not because of anything related to stabbing or Roman jealousy or infamous conspiracy, but because March is associated with Seasonal Affective Disorder, a common type of depression linked to the changing of the seasons.

Psychiatry.org explains that SAD is more than casual winter blues — it’s “linked to a biochemical imbalance in the brain prompted by shorter daylight hours and less sunlight in winter.” The resulting symptoms include feelings of sadness, loss of interest in everyday activities, changes in appetite, increases in fatigue and an overall difficulty concentrating or making decisions. The months with the highest risk for experiencing SAD are February and (you guessed it) March.

SAD symptoms generally start occurring at age 18. And for those young adults in college, there are additional reasons to feel a bit of seasonal hopelessness. March

is the thick of midterm season and the height of mid-semester drudgery. Spring break plans might be dampened by surprise assignments. Summer break might seem impossibly distant behind that barricade of finals.

You get tired, you get down and you might start to feel that there’s no light at the end of the tunnel. But you don’t need to let those feelings crowd out the rest. Mayo Clinic suggests that “if you can get control of your symptoms before they get worse, you may be able to head off serious changes in mood, appetite and energy levels.”

SAD symptoms can be lessened or completely eradicated by exercising (particularly outside), socializing, eating healthier meals, increasing exposure to sunlight (try opening the blinds) or even just taking time to do something out of your routine.

Katie Ram ’17 told The Pacifican that her go-to for ousting the winter blues is to “cuddle up with a blanket and a cup of coffee or tea.” Alex Cocoles ’17 goes out for a long bike ride. For more serious cases, you might need more than one afternoon — consider visiting the Cowell Wellness Center to speak with a professional about a treatment plan. The important thing is to do something. It’s okay to treat yourself to a much needed break; your mood, motivation and energy levels will thank you.

You’ll come back feeling ready to tackle whatever “the ides of March” throw your way — whether it’s brutal murder or just brutal mid-terms. Stay happy, Tigers!
Club Spotlight: Pacific Pride Alliance

Alice Scarlett Baker
STAFF REPORTER

The Pacific Pride Alliance was founded on the Pacific campus in 1998. The Pacific Pride Alliance promotes awareness and support for the campus community of Lesbian, Gay, Bisexual, Transgender/Transsexual, Queer/Questioning, Intersex, Asexual and Ally individuals, as well as all other marginalized identities. The purpose of Pride Alliance is to give its members a chance to communicate with similar people, and to express their genders and sexualities in a family-type environment. The Pride Club puts on several events every year, including Coming Out Week, Pride Week and a drag show. The Pacific Pride Alliance won Student Group of the Year in 2000 and 2010. The current president of the club is Ashley Butts '16 and The treasurer for the club is Amber Rose '17 with the university adviser being Kyle Turner, an admission counselor. The assistant university adviser is Chris Yang, the Pride Resource Center Coordinator.

The meetings are casual and consist mainly of group discussion on a weekly topic, or watching a movie. The club meeting starts with introductions and preferred pronouns. The topic for the meeting that I attended was queer people of color, in support of Black History Month. They discussed relevant QPOC stats.

2012, 73 percent of all anti-LGBTQIA homicide victims were people of color, while in 2013, the number increased to 90 percent. The group discussed historic, religious, social and cultural influences, as well as media portrayals and personal reflections. The club also discussed the cultural laws and customs that target the LGBTQIA community in different countries including the Middle East, Africa and Asia. Occasionally, the meetings are turned into movie nights.

Pride Week will be celebrated April 6-12. Events include a mixer on Tuesday, April 7; a drag show on Friday, April 10; and a movie night on Sunday, April 12.

All students are welcome to attend the Pacific Pride Alliance meetings, which are held every Wednesday at 6 p.m. in the Multicultural Center.
MEN’S BASKETBALL

Pacific threatens No. 2 Gonzaga

Drew Jones
SPORTS EDITOR

Men’s basketball hosted their final home games of the season this past weekend, taking on No. 2 Gonzaga and Portland. The Tigers split the weekend, threatening the No. 2 team in the country and overcoming Portland.

Pacific took quick possession of the ball in the first half, resulting in a jump shot from guard T.J. Wallace ’17. Gonzaga pulled back and quickly countered with a three-pointer. From there the battle was on, and the Tigers ignited a fire.

With less than 13 minutes remaining in the first half, the Tigers had fallen behind by nine. Guard Ray Bowles ’17 ignited a fire.

Late night spinning in black light

Sarah Hong
STAFF REPORTER

With the recent weather being consistently gloomy and depressing, nothing seems better than being lazy and snuggling in bed. Finding motivation to go to the gym seems nearly impossible. However, Tiger X classes at the Baun Fitness Center provide trainers who will constantly motivate you to keep pushing through and feel good about yourself.

On Thursdays, my class ends at 8:45 p.m., and the last thing I want to do is work out at the end of my day. Nevertheless, I drag myself to the Black Light Cycle class from 9-9:45 p.m., and I never regret going — no matter how tired I might be.

The cycling trainer, Alexis, mixes up the workouts each week, incorporating all different sorts of techniques such as sprinting, hovering, freezing, jumping and climbing. Not only are you always moving your body, but Alexis also picks the most upbeat, cardio-enhancing songs to ensure you keep going. What makes this class even more fun is that the setting of this cycling session rings true to its title: Black Light Cycle. You are in a dark-lit room enhanced by black lights, with all the cycling machines facing the mirror and a background of the streets. All these factors simulate the feeling of cycling in a marathon — except more fun.

Here is a quick rundown of all the techniques Alexis includes in the workout so that you will feel better prepared before going into class (even though she explains it beforehand).

Sprinting is when you pedal as fast as you can on your bike, which will make your legs want to fall off. The sweat that you pour out, however, will make it all worth it.

Hovering is when you are in "Position Three," which is when your rear end is slightly lifted off the bicycle seat and you are grabbing onto the handles of the bike.

Freezing is also when your bottom is off the ground and your legs are doing all the work. In this technique, you should try to move your upper body as little as possible, so that all the muscles in your legs are doing the work.

Jumping is when you are quickly moving into different positions on the bike, which will work your whole body. Lastly, climbing is when you are constantly building resistance on the bike, and the more resistance you put on the bike, the more you feel like you are biking up a steep mountain wanting to die.

I first avoided cycling because I did not want to get muscular thighs — just my personal preference, of course.

However, after class, Alexis informed me that cycling is one of the best cardio routines you can incorporate into your workout, and it will actually tone your body rather than making it look bulky.

Because of how fun this session is, the class can get pretty crowded. I recommend getting to the class 10 minutes before to guarantee yourself a good seat. Don’t worry if you show up late: Alexis provides extra cycling machines so that everyone can join in on the fun.

Before entering, however, make sure you get a cycling pass at the front desk in exchange for your student ID card, which the instructor will collect in the beginning of the class. I hope you guys join me for the next Black Light Cycle session — you won’t regret it!
Bulldogs were playing like Pleasantville, sinking every three-pointer attempted.

Forward David Taylor '17 took matters into his own hands, sinking a three-pointer with less than nine minutes remaining in the half. Gonzaga scored once again, but then Wallace quickly answered with a three-pointer of his own. The Tigers recovered a rebound and guard Dulani Robinson '16 and Wallace dropped back-to-back threes to close the gap.

With only five minutes left in the first half, Pacific trailed very closely behind. However, they were unable to fully take advantage of the Bulldogs' missed baskets and turnovers. Gonzaga got ahead by 10 with only three minutes remaining. The Tigers were able to close the gap a little before the buzzer, trailing the Bulldogs, 45-37.

In the first half alone, the Tigers gave up zero second-chance points and rebounded the ball 18 times.

During halftime, Pacific acknowledged previous men's basketball head coaches, including Bob Thomason '71. Thomason was head coach for 25 consecutive seasons and has the most wins in the Pacific program and Big West history. He was named the Big West Conference Coach of the Year five times, and led the Tigers to five tournament championships.

In the second half, Gonzaga remained tough on the defensive side of the ball, recording back-to-back blocks before sending the ball back to their end of the court.

Pacific had not scored in nearly three minutes, trailing the Bulldogs by 13 points. But with 15 minutes left to play, Taylor ended the scoring drought with a three-point jump shot. One minute later he dropped another three; nevertheless, Gonzaga continued to make noise.

After the media timeout, forward Eric Thompson '16 drained a pair of free throws. The Tigers were able to recover a rebound before passing off to Taylor for yet another three-pointer.

A few questionable calls by the referee while Pacific was on defense kept them from inching closer to the lead.

With less than nine minutes remaining in the match up, Robinson added another pair of free throws, putting Pacific within eight of the lead. A few minutes later, Wallace nabbed a foul while dropping in a three-pointer, collecting four from the play. Next play, Gonzaga threw down a jump shot, but Wallace quickly countered with one of his own.

With only 3:32 left in the game, the Tigers trailed the Bulldogs by 11 points. Three free throws from Taylor put Pacific within eight. The struggle for possession sparked fouls and Gonzaga maintained the lead as the time ticked down. At the sound of the buzzer, Gonzaga took their 15th victory in conference, 86-74, remaining undefeated in WCC play.

Forward Kyle Wiltjer '16 for Gonzaga scored a career-high 45 points against Pacific, which sets the record for points scored by an opponent against the Tigers.

For Pacific, Bowles achieved a career-high 13 points. Wallace led with 19 points, and Thompson followed suit with eight rebounds.

After the game, Wallace described the feeling of playing the No. 2 team in the nation: "Everyone wants to upset them; everyone is going to give them their best game, and that’s what we tried to do tonight. We fell short, but I think we gave a lot of effort and showed a lot of heart.”

On Saturday, the Tigers continued the high intensity trend and were able to top Portland in overtime, 79-77. Taylor led the squad this time around, scoring 18 points.

Notably, Sami Eleraky '17 returned to the court, coming off of an injury, and scored four points.

The Tigers set out on the road for the final time this week, heading off to the Bay Area. They will face off against San Francisco and Santa Clara in their final regular season games. Pacific looks to keep the high energy rolling into this weekend.

For more information, check out the official Pacific Athletics website at pacifictigers.com.
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