Pacific Hosts Sexual Assault Symposium

Kelly Asmus
Copy Editor

Today, Brett Sokolow, a nationally-recognized expert on sexual assault prevention and response, will lead several discussions about the policies, procedures, laws and best practices that surround college sex crimes.

Two of the sessions are aimed at training faculty and staff on sexual assault prevention, protocol, confidentiality, and other issues will be explored.

Sokolow will explore questions on whether consent can be withdrawn and how it can be communicated and interpreted under the law.

Additionally, he will discuss ways that bystanders can intervene and prevent a sexual assault from occurring.

All of the sessions will be held in the Don and Karen DeRosa University Center Ballroom.

The event costs $129.99 per person, but is free for Pacific students.

Volunteers and Donations Needed For Pacific's Annual Safe Trick-Or-Treat

Danielle Procope
Staff Writer

On Wednesday, October 27th, Pacific will be hosting the 12th Annual Safe Trick-or-Treat.

Pacific faculty, staff, alumni, and students will hand out candy to local school children as they are guided around campus.

This is an event designed for local children so that they will be able to enjoy Halloween.

Over 500 children come every year.

The tours will start at 4 p.m. and occur every 10 minutes. They will do so until 6:15 p.m.

The tours will begin at Atchley Clock Tower near the Bernard School of Education.

A carnival will take place at the DeRosa University Center lawn, which is where all of the tours will end.

Volunteers are needed to ensure that this is a successful event.

Anyone can help by doing anything from assisting the carnival, hosting a trick-or-treat stop, or just by stopping at the Grove and buying some candy to donate.

For those who would like to volunteer, please contact Ross Laughton at safetrickortreat@gmail.com.

Safe trick or treat is also looking for costume donations. Child and adult sizes are needed.

For further information or questions about the donations contact Denia Andersen in Student Life at 209.946.2365.

Cheetah Conservationist Speaks On Campus Today

Alexis Duclos
Contributing Writer

Today, October 14, 2010 in Biological Sciences Building, Room 101 at 5pm, the Council of University Social Entrepreneurs (CUSE) will host speaker Dr. Laurie Marker from the Cheetah Conservation Fund in Namibia.

Dr. Marker is the Co-Founder and Executive Director of the CCF which focuses on saving cheetahs through conservation, education, and research.

CCF is also involved in employment development and sustainable fuel projects.

The CUSE focuses on bringing the concepts of social entrepreneurship to the students of Pacific. The CUSE also aims to help students understand the impact they can make in their communities in a sustainable manner.

The weekly CUSE meetings are open to any person at Pacific who is interested in attending.

“We hope these workshops will clarify how students can have constructive, positive relationships with each other, support each other, and to get help when they need it.

For our staff and faculty, we hope to bring greater awareness of the laws and best practices around assault and discrimination, and teach our community how they can ultimately prevent sexual assaults.

The day will start with a 10 a.m. to noon workshop for all staff and faculty who might receive reports of sexual assault and harassment.

Definitions, available services, protocol, confidentiality, and other issues will be explored.

Then from 2 p.m. to 5 p.m., employees who are responsible for investigating student complaints will receive training on best practices for investigations, employee rights, how to conduct victim and suspect interviews, and other related issues.

The largest session of the day will start at 6:30 p.m. when Sokolow will lead "A Conversation about Consent."

He will offer informative, engaging scenarios leading to discussions on sexual consent, how to give it, and what it means.

Sokolow will explore questions on whether consent can be withdrawn and how it can be communicated and interpreted under the law.

Additionally he will discuss ways that bystanders can intervene and prevent a sexual assault from occurring.

The event costs $129.99 per person, but is free for Pacific students.

Pacific staff and students participating at last year's event for over 2,300 children.
Flu Prep Update

Danielle Procooe
Staff Writer

Flu season is upon us and Pacific has taken precautions to help us get through it. Yesterday, Pacific offered flu shots to students, faculty, and staff. They were given at the Don and Karen DeRosa University Center Ballroom.

It was free for all employees and those covered by student insurance. It was $20.00 for everyone else.

AMERICAS

USA -- Doctors have started the first official trial of embryonic stem cell use in humans after gaining the approval of the Food and Drug Administration.

The trial will test whether or not patients with spinal injuries will benefit from having stem cells injected into their spinal cords.

Tests are expected to continue for years before the procedure is deemed safe for the public.

ASIA

North Korean leader Kim Jong-il’s eldest son, Kim Jong-nam, opposes a dynastic succession that would place his younger brother in power.

Kim Jong-un has been declared North Korea’s apparent heir and has recently appeared in public with his father at high-profile events.

EUROPE

FRANCE -- Protesters took to the streets across the country on Tuesday in response to the possible changes in the national retirement policy.

The minimum retirement age is proposed to raise from 60 to 62 years old.

Police reported that over 85,000 people came out to protest in Paris alone.

MIDDLE EAST

Palestinians rejected an offer by the Israeli government to stop settlement construction on the West Bank if Israel is recognized by them as a “Jewish state.”

Palestinian officials said the real issue threatening peace talks was illegal settlement activity. No meeting has been held since September 26.

AFRICA

Eleven culture ministry employees in Egypt, including the museum’s director, were found guilty of negligence, after the theft of a Van Gogh painting from a Cairo museum.

They have been sentenced to three years in jail, but all posted bail, pending appeal.

International Students Share Features

Kazakhstan, Malawi, & Myanmar

Kathy Cruz Rodriguez
International Programs & Services

International Programs & Services (IPS) showcased Pacific International students, Jingwen "Nataly" Sun (Business Administration), Dai Wilson (Geology), and Sin Wa Hkyeng (Political Science).

Each student unveiled cultural features unique to their respective countries of Kazakhstan, Malawi, and Myanmar - unfamiliar territory for most Americans.

Sun shared a scenic pictorial of her Kazakhstan culture far different from most American perceptions that envision the movie character "Borat."

A historic tradition still prevalent in Kazakhstan includes "bride kidnapping" in this landlocked country south of Russia and northwest of China.

Kazakhstan, a country made up of 131 different nationalities, won independence from Soviet rule in 1991.

is also landlocked, but 20% of the country is made up of Lake Malawi, a major tourist attraction. The lake is also home to a multitude of fish species — colorful fish that range from 1 inch to 3 feet and are popular as pets.

Hykeng proudly presented a scenic pictorial of her culture’s "bride kidnapping" tradition that seems unique to the region.

Hykeng also highlighted some of Kazakhstan’s most popular foods, including "pilaf" and "bustam." She also elaborated in the cuisine of her country south of Russia and northwest of China.

Bustam, a dish of rice with parsley, fava beans, and various vegetables, is also popular among Kazakhs.

A member of Pacific’s Swim Team, Wilson, explained an important part of traditional Malawian culture — greeting the right hand while placing the left hand on the right forearm as a sign of respect.

Malawi, located on the southeastern part of Africa, is also landlocked, but 20% of the country is made up of Lake Malawi, a major tourist attraction. The lake is also home to a multitude of fish species — colorful fish that range from 1 inch to 3 feet and are popular as pets.

Hykeng proudly presented a scenic pictorial of her culture’s "bride kidnapping" tradition that seems unique to the region.

Julienne Sesar
Layout Editor

Today there over 25 million breast cancer survivors in the United States and it is currently leading cancer related death behind lung cancer.

Mammograms remain the leading method to detect breast cancer.

It is recommend that all women perform monthly breast self-exams, obtain a risk assessment from a physician, get annual clinical breast exams, and regular visit acro gland mammography screenings.

To find a place to get tested or have a mammography screening:

- Go to http://www.acr.org or
- http://www.cancer.org
- http://www.marlow.org
- Ask your physician

Signs of Breast Cancer Include:

- Any new, hard lump or thickening any part of the breast
- Change in breast size or shape
- Dimpling or Puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on or around the nipple

Knowing More: Breast Cancer Awareness Month

National Breast Cancer Awareness Month, October, is a celebration of twenty-five years of “awareness, education and empowerment”.

According to the American Cancer Society, besides skin cancer, breast cancer is the most commonly contracted cancer for American woman.

Today there over 2.5 million breast cancer survivors living in the United States and it is currently leading cancer related death behind lung cancer.

Mammograms remain the leading method to detect breast cancer.

It is recommend that all women perform monthly breast self-exams, obtain a risk assessment from a physician, get annual clinical breast exams, and regular visit acro or breast mammography screenings.
John T. Chambers Grand Opening Ceremony

Celebrating
The Stars

Kelly Amos
Copy Editor

On October 16th, 2010 there will be an Astronomy Day Star Party at the Micke Grove Historical Museum in Lodi. The event is from 5:30 to 9:00 at 11793 North Micke Grove Road. There will be astronomy-based activities and exhibits, followed by a nighttime telescope viewing.

There is free parking for the event and there will be a drawing for a free telescope that was donated by Meade Instruments.

Bring your binoculars and join this year’s sponsors Kelly Ray Brown CPA, the Lodi News-Sentinel’s Learning Link Department, the Stockton Astronomical Society, and the San Joaquin Historical Museum for a fun night under the stars.

Also, the Stockton Astronomical Society meets monthly at Pacific, everyone is welcome. If you are interested stop by room 120 in Olsen Hall on the second Thursday of every month at 7:30.

Public Safety Report

HAZARD Hazard Oct 06, 2010-Wednesday at 14:16
10-10-06-024559
Location : KNOLES HALL
Rp reported a suspicious man who was arguing with people and didn’t look like a student. Officers were advised and responded. Officers checked and and were unable to locate.

SUSPICIOUS INCIDENT Suspicious Person Oct 06, 2010-Wednesday at 14:12
Location : PSYCHOLOGY
Reported a B/M, 18-20, Raiders jersey, staring at girls while eating a sandwich. Subject was FI’d.

10-10-07-024657
100622
Location : DeROSA UNIVERSITY CENTER
RP advised of a suspicious man sitting at table reading a paper and has not talked to anyone.

TRESPASSING Enter/occupy real property w/o permission Oct 07, 2010-Thursday at 21:49
10-10-07-024715
100623
Location : MCCAFFREY CENTER
RP reported an intox male. SUB was arrested for trespassing and false name to an officer.

SUSPICIOUS INCIDENT Suspicious Person Oct 06, 2010-Wednesday at 15:47
10-10-06-024570
Location : KNOLES HALL
Rp reported same subject as earlier call back in the area. Subject was arguing with people and didn’t appear to be a student. Officers advised and responded. SUB FI’d.

SUB Warrant Arrest. Oct 07, 2010-Thursday at 11:41
Location : TOWERVIEW APARTMENTS
RP reported a poss.

disturbance...woman heard screaming and stuff thrown around in the apt. P7 reported SUB were just arguing no phy.

CASUALTY Fall of person Oct 09, 2010-Saturday at 11:21 10-10-09-024847
100626
Location : DeROSA UNIVERSITY CENTER
RP advised that there was a subject who fell. Stockton police also advised that they started medics.

Dispatch confirmed with Stockton Fire. Officer was advised and responded. Subject declined medical attention.

THEFT-PETTY From Motor Vehicle Oct 09, 2010-Saturday at 16:21 10-10-09-024867
100627
Location : DAVE BRUBECK WAY
RP reported his catalytic converter stolen.
Going Green: The International Water Crisis

Christiana Oatman
Perspectives Editor

As a citizen of California and as a student at Pacific, you have probably always had reliable and frequent access to fresh drinking water that’s easily accessible all over campus. While much of the state’s water isn’t as high quality as it could be (If you are not informed about the pollutants in your local drinking water supply, I recommend it), the state government spends a great deal of money trying to filter and clean our drinking water so we can all be healthy and live long lives.

As of only this year officially, the United Nations Universal Declaration of Human Rights, (A document that lists all the rights that every human being should have no matter his/her “race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.”) includes Article 25, which says, “Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care, and the necessary social services.” One of the necessities of human survival is access to water. Beyond even clothing and housing, every human being on this planet should have free, unlimited access to drinking water.

According to the World Bank, “achieving universal coverage” of water and sanitation would cost only $30 billion a year. As the Christian organization Living Water Project states on its website, “This is a silent crisis. Millions of people lack access to clean water and basic sanitation.”

Not just from their shores but from poorer countries—and not just from their shores but from the market today. Instead of using tap water that has been filtered and comes from our own beautiful California water, people are paying thousands of dollars to drink water with questionable quality, packaged in material that can’t be recycled or reused and comes from areas where the water is being bought away from the local populations. According to the Mother Nature Network, “Multinational corporations are stepping in to purchase groundwater and distribution rights wherever they can, and the bottled water industry is an important component in their drive to commoditize what many feel is a basic human right: the access to safe and affordable water.”

Here at Pacific, many freshmen are asked to sign a No Bottled Water pledge and then are given a reusable water bottle as part of the MOVE program. While this is a great part of the program and the bottles are a key part of campus life, The Grove still sells bottled water by the caseload.

As responsible consumers or simply as people who care about their environment and their fellow human, students can make the simple choice to drink tap water. If you don’t like the taste of our local drinking water, you can buy a water filter at Target for about twenty-five dollars. Bottled water is even more expensive in the long run, economically and environmentally.

For more information on the water crisis, watch the documentaries *Thirst* and *Crude*, visit the site Water.org.
Don’t Destroy Our Innocence

in the tight-fitting outfit. She looked more as though she would have been singing for her older fans on a station such as MTV instead.

What has happened to our society and the way we present ourselves to younger generations? Have we led children to believe cleavage-bearing attire is completely normal? Have we, as a society, pushed shows such as Sesame Street to think the only way of keeping up ratings is by providing even young children with explicit images?

I, myself, along with other young women, have been guilty of wearing somewhat-revealing clothing; however, the major difference is that I would never display this to millions of children.

One day when I have children of my own, I do not want to have to fear for them to watch even the most traditionally "innocent" programs.

What happened to the time when the most outstanding and influential guest star on this show was a member of the Little Theatre of the Deaf, who came on merely to teach children how to sign?

Now, I can state, without a doubt in my mind, that I would rather watch my child imitate a sign-language interpreter than a risqué celebrity.

To be fair, it can be stated that many parents did complain about the episode, pulling it off-air and off-line. However, maybe that one subset of parents merely shares my own beliefs, but that does not speak for the rest of the population.

I was shocked when just recently at the Weberstown Mall in Stockton, I witnessed a very high number of parents walking their children on "leashes."

The idea of a "child’s leash" is realistically disturbing. I for one never want to feel so powerless over my child's life that I feel as though I must resort to training him/her as a domestic pet.

Parents cannot help but often feel overpowered by the media; however, they still must remember to be the concrete & unchangeable forces in their children's lives.

I cannot say letting five year-olds watch Katy Perry dance around in a revealing outfit is the media or parents own faults; however, I can say that it is extremely frightening.

Parents need to stop giving into media's forces. Too many parents hardly know their children's friends let alone what TV shows they're watching or video games they’re playing.

If parents, and society alike, does not start speaking up for what should be made public to children, then it will only be a matter of time before Katy Perry-type of celebrities start becoming the new "super-parents" of the new generations.

The Dreaded Tuition Increase

Reprinted from the March 4th, 2010 issue. The tuition increase was approved the next month.

On March 2nd, President Eibeck hosted a meeting in which she addressed the possibility of a tuition increase at Pacific. I was incredibly dissatisfied with her presentation. For starters, she failed to answer opposing questions, responding to them with a summary of what she had already proposed. Unfortunately, this made her appear less genuine. When she began presenting information on what the increase in tuition would go towards, the overall plan seemed vague and slippery. Sure, her propositions were framed nicely, but they became less reassuring as she kept reminding us that, "We want to do this with the funds, but we might not."

While I understand President Eibeck has successfully worked towards making financial aid more accessible to students, I can't help but doubt the entire goal of this particular proposition. After all, President Eibeck began her discussion with the sentiment that "college is a critical investment in your future." Wouldn't raising the cost of tuition make this experience less accessible? Insufficient funds and the promise of a life in debt (for all those loans) are two huge deterrents that enable many from receiving an education. Yes, financial aid is more accessible, but it isn't available to all.

Another factor she failed to incorporate was that even though she had made financial aid more accessible, the numbers of students receiving such aid increased in large part to the increase in incoming students.

Rachel Freeman, class of 2010, supports President Eibeck’s decision: “We want to be known as a prestigious university and raising tuition seems like a good first step to raising prestige. Being known for best value isn’t exactly the best thing to be known for.”

President Eibeck added to this sentiment as well, stating that Pacific has lower tuition costs than other private universities (those with higher tuitions were University of San Diego, Pepperdine, and University of San Francisco).

What she didn’t take into account is that these universities are located in a much more desirable living area, making the cost of living higher. This definitely plays a role in determining tuition costs.

Plus, tuition at Pacific has raised a total of $1902 a year since 2008. If we keep at this rate, no one will be able to afford college.

Alas, I do think there are some benefits for raising tuition, some of which President Eibeck provided; however, after attending Dr. Eibeck’s discussion I remain on the side against such measures. This is not only because raising tuition in a recession seems more a deterrent than means for motivation, but because I feel President Eibeck did a poor job in her persuasion and that her evidence contained a few discrepancies, given its failure to address relevant factors.

As for raising our prestige, does it really have to be done through money? President Eibeck stated that she hoped for future graduates to be able to present their diploma to an interviewer and have the university be recognized for its outstanding reputation. Surely, we don’t have to pay our way to get there—since when does being the smartest mean that you paid the most for your education?
Dear Students and Families:

Welcome to Fall Festival 2010! This special event combining Parent and Family Weekend with Preview Day allows us to welcome the entire University of the Pacific Family – past, present and future – to campus. A marvelous slate of events awaits you – from our famous Lip Sync competition, to Tiger Basketball’s Midnight Mania, to what I hear will be a “revealing” talk by PostSecret founder Frank Warren.

There’s a nice synergy to having Parent and Family Weekend and Preview Day overlap. One group of visitors is here to check on the students they dropped off in August – to see that they’re making friends, studying hard, eating well and getting that laundry done. The other group is here to begin the exhilarating (and nerve-wracking) college application process. They want to find out if our university is the right fit for them. Essentially, then, both groups have come to see how students thrive at Pacific.

And oh, how we are thriving this fall! We’re working hard and playing hard. Our students are deeply engaged in their classes and our beautiful campus is bursting with exciting events. John Legend just paid us a visit, and we’ve been named a Top 100 University by U.S. News & World Report. You’ve picked a perfect time to visit.

Have a wonderful weekend – I look forward to celebrating with you!

Sincerely,
Pamela A. Eibeck
President

--

Featured Festival Concerts

Danielle Procope
Staff Writer

Tomorrow, Friday October 15th at 7:30 pm is the Symphonic Wind Concert. The concert will be hosted by the Honor Society of Phi Kappa Phi and the Conservatory of Music. Pacific’s Symphonic Wind Ensemble will perform and campus honors groups will be recognized. This event is $8 for general admission, $5 for seniors and children under 12 years old. At 1:30 pm on Saturday, a Pacific Alumni Band will perform a concert. Pacific students can attend free of charge.

Chaplain Hosts Interfaith Services

Alex Ruano
Executive Editor

On Sunday, October 17, the Chaplain’s Office will be hosting an Interfaith Service and Sacred Space Dedication. From 8:30 am to 9:30 am a continental breakfast will be provided at the Morris Chapel entrance. The Interfaith service and dedication will follow breakfast at 9:30 am in the new Sacred Space (previously the Kirkbride Room). Sacred Space will be a place for underrepresented religious groups on campus to pray and hold services. Also included in the service and dedication will be a student led remembrance of Daniel Pearl, the Wall Street Journalist who was kidnapped and killed by terrorists in February of 2002. Music for the dedication will be provided by the Saxophone Quartet from the Pacific Conservatory.

Frank Warren to Post His Secrets

Matt Hill
Staff Writer

This Saturday at 7:00 pm Frank Warren, the creator of Postsecret, will be visiting the campus for his nation-wide tour. Postsecret is an Internet phenomenon where people send in their secrets on postcards. The postcards are supposed to help heal the people that send in the postcards and inspire those who read them. People sending in the postcards are allowed to decorate the postcard any way they want. Frank Warren will be presenting secrets that were not allowed in the Postsecret book and the history of some of the secrets. People will be able to share their own secrets and there will be a book signing after the presentation.
## Festival Events Schedule

### Friday, October 15th
- Check-in 5pm - 8pm at the tent located near Alex G. Spanos Center and Klein Family Field

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6pm</td>
<td>Pacific Baseball Orange and Black Scrimmage</td>
</tr>
<tr>
<td>7pm</td>
<td>Pacific Women's Volleyball vs. UC Santa Barbara</td>
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<tr>
<td>7:30pm</td>
<td>Symphonic Wind Ensemble Concert</td>
</tr>
<tr>
<td>10pm</td>
<td>Pacific Basketball Midnight Mania</td>
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### Saturday, October 16th
Check-in begins at 8am and continues until 3pm in the DeRosa Center Lobby

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7am-8am</td>
<td>Early Morning Workout for Parents in Baun Fitness Center (name tag required)</td>
</tr>
<tr>
<td>8am</td>
<td>Breakfast with the President (ticket required)</td>
</tr>
<tr>
<td>10:30am</td>
<td>Back to School Sessions for Parents and Families</td>
</tr>
<tr>
<td>11am</td>
<td>Pacific Rugby Scrimmage</td>
</tr>
<tr>
<td>11am</td>
<td>Pacific Swimming Invitational</td>
</tr>
<tr>
<td>11:35am</td>
<td>Lunch in the Marketplace (ticket required)</td>
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<tr>
<td>12 Noon</td>
<td>Pacific Baseball Alumni Game</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Pacific Alumni Band Concert</td>
</tr>
<tr>
<td>3pm</td>
<td>Annual Lip Sync Competition - DeRosa Center Lawn</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Dinner on your own with your student</td>
</tr>
<tr>
<td>7pm</td>
<td>Pacific Women's Volleyball vs. Cal Poly</td>
</tr>
<tr>
<td>7pm</td>
<td>Frank Warren - Post Secrets (name tag required)</td>
</tr>
</tbody>
</table>

### Sunday, October 17th
7am-8am Early Morning Workout for Parents in Baun Fitness Center (name tag required)

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<tr>
<td>8am</td>
<td>Head of the Pacific - Fall Classic Regatta</td>
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<tr>
<td>8:30am</td>
<td>Interfaith Informational Fair</td>
</tr>
<tr>
<td>9:30am</td>
<td>Interfaith Prayer Service at Morris Chapel</td>
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<tr>
<td>10:00am</td>
<td>NFL Football in the Lair</td>
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<tr>
<td>1pm</td>
<td>Men's Waterpolo vs. Pepperdine</td>
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<tr>
<td>2:30pm</td>
<td>Pacific Choral Concert</td>
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**Men's Water Polo Remains at No. 7**

Natalie B. Compton  
*News Editor*

Fall has just begun, but the Pacific men's water polo team is well into its 2010-2011 season. Though the team is ranked high nationally, currently at No. 7 as it was last year, the team has notable changes.

"It's different in a lot of areas," head coach, James Graham, said. "The main difference is that we have a really cohesive group this year. There's a lot more experience and leadership on this team, including some seniors that have really stepped up this year."

Some of these noted standouts are Goran Tomasevic, who was All-American last year, Balazs Szabo, who is a leading scorer, and team captains, Tyler Reardon and Austin DeLong.

The newest additions to the team are also meshing well.

"Any time you come in as a freshman, there are big adjustments to the style of play and to the way things work: we're starting to get on the same page at this time in the season," Graham said.

"There's still a lot of room to grow, but the freshman have done remarkably well." Graham thinks that this impressive performance can also be attributed to the rest of the team who has helped them adjust.

"Last year we were so young and there wasn't really that leadership around to be as successful as we wanted. I really attribute the success of this season to the experience and the leadership we have this year," Graham said.

The team has a straightforward aim for the season that reflects past agendas as well.

"My main goal every year is to do better than we did last year. We finished 13th in the nation and right now we're doing a good job being better than that," Graham stated.

"The Tigers have spent some time together off the court in the community. Last weekend, the team participated in a breast cancer walk. This week, they went to Langston elementary school to teach kids how to play basketball.

"I can honestly say we are a family and everyone has each other's backs," said sophomore Kendall Rodriguez (La Habra, CA).  

But those facial expressions in their photos will be replaced by game faces come Nov. 1 when the Tigers take the court for the first time.

"We'll laugh now, but when we step on the court we're all business," said Jennifer Fath (Carrollton, Texas).

Fifth-year head coach, Lynne Roberts, said every team that she's coached has had to battle through hard times and acknowledged that her players haven't experienced it yet. When it does arrive though, Roberts feels confident her team will be able to respond.

"We haven't hit any adversity yet so the morale is high. But that being said, I think this group will be able to handle it because of the chemistry," said Roberts; adding that this season's team has the best chemistry in her coaching career at Pacific thus far.

Other schools are also noticing Pacific's talent. After losing to his team by one point last week, the UCLA coach was quoted saying that Pacific was a considerable challenger.

"We need to get into the playoffs with the mindset that we are a contender. We're just one goal away from making some special things happen." Next on the agenda is one of Pacific's big rivalries.

"We have Pepperdine at home this weekend, this is a big game for us so we can try to qualify for the playoffs right away," Graham said. "I hope students come out and support us."

The game is this Sunday, October 17 at 2 pm at the Chris Kjeldson Pool.

**Women's Basketball is Starting the Season in Smiles**

Chris Sabalbro  
*Staff Writer*

Pacific's women's basketball team was all smiles last Wednesday. Posing for team portraits at midcourt in the Spanos Center, the players joked and laughed in-between snap shots. But the upbeat attitudes weren't just a result of taking pictures -- it's who they are.

"Of the three years that I've been here, the team unity and camaraderie is the best it has been," said Claire McLeod (Melbourne, Australia). "It's just a fun bunch of people."

The team has spent some time together off the court in the community. Last weekend, the team participated in a breast cancer walk. This week, they went to Langston elementary school to teach kids how to play basketball.

The team also just enjoys each other's company.

"I can honestly say we are a family and everyone has each other's backs," said sophomore Kendall Rodriguez (La Habra, CA).

Per NCAA rules, the team is allowed to practice 40 days before their first game -- her up-tempo style of play while the Tigers will be installing a new pressure defense under the instruction of new assistant coach Davin Johnson.

"I do think we need to pace it a little differently. We don't need to hit the ground running so intensely."

"So maybe spend more time early teaching a little bit slower and really making sure we put things in correctly," said Roberts, who will consider giving her players days off and only practicing three or four times a week.

The Tigers have introduced four new players to the roster as Taryn Garza (Modesto, CA), Gena Johnson (Elk Grove, CA), Danielle Peason (Sparks, NV) and Sam Pettinger (Everett, WA) are all freshman. Roberts added that they can help the underclassmen in understanding opponents, the traditional rivalries and how to conduct themselves at practice.

Fath, a 5'6" point guard, is aware of the responsibilities that come with being a veteran on the team.

"I do think I know what the coaches expect and I do think I need to lead by example and be vocal at times when the team calls for it," said Fath, who will be switching jersey numbers from 24 to 3 this year to symbolize change.

Despite the different personalities on her squad, Roberts has an appreciation for her team.

"I'd rather have a fun group that I have to reign in (rather) than the opposite," Roberts said.
Norton, in the English Department teach a Veterans Writing Circle for veterans, their families, and those affected by war. During his times in Iraq, Inzunza served in the United States Marine Corps for four years and served two tours in Iraq. First in the 1st Battalion 2nd Marines out of Camp Lejeune, North Carolina and present at the Battle of Nasiriyah in 2003, and the 2nd tour was in Iskandiriyah.

Where are you originally from?

Stockton, CA.

What are you studying?

I am majoring in English. I chose English as a major because I have always loved literature. I have always loved reading and writing so it seemed like a natural progression for me. I think that studying English allows me to take a look at history and look at it from a creative perspective. At Pacific, you study a lot of different subjects and sometimes it is hard to understand things. In English, you understand how these things come together as a narrative.

What do you see yourself doing in 5 years?

I see myself teaching writing. I would like to help cultivate a desire to learn more about language and how it relates to us and our own lives.

What do you focus on in your spare time?

I try to focus on my family and the things that I do not regularly get time to focus on. I like spending time writing, picking up a book, going fishing, or experiencing new people and new foods.

What is your greatest historical influence?

Most of the people who have influenced my education are writers. JD Salinger, Kurt Vonnegut, Countless Poets, Bruce Weigel.

Who inspires you today?

My family. My wife, Heather, and my son, Cadence.

What music inspires you?

I mainly listen to rock and alternative rock, 80’s rock. Music energizes you and changes your mood for the better.

What is your favorite dish?

My wife’s Chicken and Tortilla soup. It’s very good and it’s a favorite. It is a pretty good recipe that she has made it her own. She adds cheese, fresh cilantro, and fresh spices, all comes together and makes it great.

What is your ultimate dream?

My ultimate dream is to write a book of poetry based on my experiences as a soldier in Iraq. I have learned a lot through studying literature and spent a lot of time reading stories. For me reading and writing has always been important. Everyone has a story to tell and I think it matters to me.

Do you have items you must leave your house with?

My brain, my wits, my coffee, and my books. I have something to wrestle with.

Anything you want the Pacific community to hear?

Take your time here seriously and make the best of it. That is why I am here.
Music: Pretty Lights

Pretty Lights strikes again. Pretty Lights, the former based producer and composer, has released his second album of the year, Spilling Over Every Side. In the studio, Smith works alone but is accompanied on stage by Adam Perk, who provides acoustic guitar and vocals. The album features the popular 2D fighting game BlazBlue, and top competitors will be awarded prizes, including a copy of the game. Participants must register, but refreshments will be provided for competitors and spectators alike. Be sure to register early, only the first 100 participants will be allowed to play!

On Saturday, October 23, Pacific is proud to welcome Kabuki dance masters Gankyo Nakamura and Toyohiro Fujima from Osaka, Japan. Kabuki is an extremely stylized and refined traditional Japanese style of dance, with colorful costumes, subtle drama, and a rich history. Events are free to Pacific students.

More information on the festival and registration to the Video Game Competition can be found online at http://go.pacific.edu/JapaneseFestival.

Don't miss out on this rare and exciting opportunity to experience Japanese Culture right here on campus.

Third Annual Japanese Festival

Erika Weil
Contributing Writer

On October 15, the highly anticipated third annual, the Japanese Festival is returning. The events begin with an opening reception on Friday from 5-7 pm. Starting on the 15th, the Jeanette Powell Art Center foyer gallery will be featuring the art of Pacific alum, Bruce Osborn. His photo series, "Oyako," has had major success in Japan; it celebrates the relationship between a child and parent in an exhibition of stunning black and white photographs.

On Thursday, October 21 at 7 pm, the Pacific Library plays host to two highly respected speakers on the topic of Buddhism and Zen, Dr. Edward Gero and Dr. Shozo Sato. Later that evening, Pacific's Janet Leigh Theater will be featuring at 8 pm Tokyo Sonata by Kiyoshi Kurosawa. Tokyo Sonata is an internationally acclaimed award winning movie about contemporary Japanese family life and has been screened at the Cannes Film festival and Chicago International Film festival.

For those interested in a more interactive display of Japanese Culture, the festival is hosting a video game competition on Friday, October 22 at 7 pm in the UC Ballroom. The event is co-sponsored by Japanese video game Company, ArcSystem Works, ASuop, University of the Pacific School of Engineering and Computer Science. The competition features the popular 2D fighting game BlazBlue, and top competitors will be awarded prizes, including a copy of the game. Participants must register, but refreshments will be provided for competitors and spectators alike. Be sure to register early, only the first 100 participants will be allowed to play!

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Steve Carell
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Weekend Destination

Caswell Memorial State Park

About twenty-five miles down Freeway 99 near Ripon, Ca., lies a wildlife refuge and oak riparian woodland, Caswell Memorial State Park. The Stanislaus River runs through the state park and is perfect for swimming and wading.

Caswell is a great option as a weekend destination for a group of friends after a long week of stress and studying. The proximity to school and natural surroundings of the park make it an ideal location for a weekend of outdoor fun and friendly bonding time.

The 258 acre state park features beginners hiking trails, and campgrounds are available for reservation at the California Parks Website.
The effects of too much water

We all heard the effects of dehydration: decrease in endurance, decreased mental functioning, and electrolyte imbalance. What about too much water?

When your body is in a state of hyper hydration, you can develop extremely low levels of sodium in the blood called hyponatremia. Sodium helps to regulate water levels in and around your cells. Consuming too much water can cause sodium levels to drop and your cells to swell. Symptoms of hyponatremia include nausea, headaches, and vomiting. More severe symptoms include brain edema, respiratory arrest, coma, and even death.

How much water should you drink?

Hydration levels are individualized. The average person loses 5 liters/day from various excretion methods. Basic functions, like sweating, take an additional liter. You can use these guidelines or adhere to your body needs. The average person loses 1 liter/day from various excretion methods, basic functions, like sweating, take an additional liter. You can use these guidelines or adhere to your body needs.

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NutriCat’s Corner

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No Time to “Play” Anymore? Try Capoeira

Capoeira is an Afro-Brazilian dance form that combines African fighting techniques and Brazilian dance moves to create a unique and stylized workout.

This dance form requires you to be constantly on your feet and have complete awareness and focus on your surroundings and your opponent.

Although there are versions of Capoeira which are more competitive, most Brazilians consider it to be a game so it is usually “played.” Forming a circle called a ropa, people gather around with instruments and play music, clap and sing while two capoeiristas interact in the center.

In the Tiger X Class, you get the opportunity to experience the ropa, which proves to be a very playful and exciting way to experience the dance.

The instructor, Adam Doi, teaches a variety of Capoeira techniques including Gonga, which is the fundamental movement in which you rock back and forth.

Other techniques that are taught in the class include the Cocorinha, a defensive dodge for kicks and blows, and the Ai which is an attacking movement that resembles a cartwheel.

Strength and flexibility may be required at advanced levels; however, the movements and techniques are adaptable to different levels of skills.

Don’t be discouraged if you see current capoeiristas “playing” masterfully at it.

The class is readily open to new-comers.

The instructor is also patient and helpful in making sure beginners don’t get discouraged and are properly taught steps for each movement.

So whether you’re interested in the Brazilian culture, looking for a fun workout, or aiming to master this martial art on your own terms, you’re welcome to attend classes!

Capoeira is offered on Thursday from 7-8pm at the Baun Fitness Center.
RecSports Rivals:

Pike vs. Sigma Chi

Natalie B. Compton
News Editor

Though Pacific lacks an official team for fans to rally behind, students still get their football fix by supporting the various recreational teams. One of the biggest rivalries among these divisions is between Pi Kappa Alpha (Pike) and Sigma Chi’s “A” teams.

“It’s like our Ohio vs. Michigan game because we don’t have a football team,” said Sigma Chi senior, Anirudh Srikonda.

Last Tuesday, the teams faced off at 10 pm on Gardemeyer Field. The rivalry was still as prevalent as ever.

“It’s just the most competitive game of the year, always,” Sigma Chi senior, Adam Kantor said.

The game ended in a 33-6 Pike victory with the winning team’s Adam Souza as the high scorer.

Even though one fraternity left defeated, there were no hard feelings.

“It’s good fun. We can play on the field but still talk after the game,” stated Pike sophomore, Kevin Chaney.

The fans do not seem to mind either.

“It’s a lot of fun to watch,” sophomore, Courtney Durler, who has friends in both fraternities, said. “I love them both no matter who wins!”

RecSports has risen to the challenge providing students with the opportunity to still watch intense football games.

Excellence & Passion:
An Interview with an Athletic Trainer

Josh Chipponeri
Staff Writer

Athletic Trainer Chris Pohd, more commonly known as CP, is an instructor in the University of the Pacific’s College of the Pacific Department of Sport Sciences.

While completing his masters at the University of Arizona CP “came to enjoy the field of athletic training.”

In addition to the care he provides to the intercollegiate athletes, he has worked professionally with many sports including racquetball, bull riding, and Olympic athletes.

Fun fact: he has served as a Bishop in the Mormon Church for 6 years, and now serves in a different leadership position.

CP’s interview had two areas of focus: University of the Pacific’s Athletic Training Program, and California State Assembly Bill 1647 in the upcoming election.

The Athletic Training program is a combination of two components: the first of which is the academic focus followed with clinical experience under guidance of Certified Athletic trainers including CP.

Speaking to the academic focus, CP said, “Primarily the academic component is to train those who would follow in our footsteps in the allied health professions.”

CP has produced many successful athletic training Pacific alumni go out into the world. “Over the last 20 years graduates have gone on to become doctors, physical therapists, in prestigious athletic training positions including; Assistants with the San Francisco 49ers, Pac-10 Conference programs and other professional sports.”

As an Athletic Trainer instructor and practitioner, CP has chosen Pacific because of his “Passion for the profession and for what we do here.”

His clinical responsibilities include the medical care and treatment of 340 student athletes.

He demonstrates this in his work with student athletes by understanding their rigors and time demands, and coordinating their care with coaches, doctors and parents.

From March 23, 2010, the following is an excerpt from Assembly Bill 1647, as amended by California State Assembly Member Mary Hayashi, D-Hayward.

(1) Existing law provides for the regulation of various professions and vocations, including that of an athletic agent. This bill would make it unlawful for any person to hold himself or herself out as an athletic trainer unless he or she has graduated from a college or university, after completing an accredited athletic training education program, as specified, completed requirements for certification by the Board of Certification, Inc., prior to January 1, 2004, or been certified by the Board of Certification, Inc. The bill would prohibit an athletic trainer from engaging in athletic training activities unless pursuant to protocols developed by a physician and surgeon for that athletic trainer. The bill would make it an unfair business practice to violate these provisions.

Brain injuries, cardiac arrest, and heat illnesses are among the most dangerous health afflictions to young athletes; licensed athletic trainers are trained in first response and injury recognition and control as supplements to preventative care.

To CP, the fate of this bill holds a great deal of interest regarding the safety and care of young athletics. Some states mandate there be a licensed athletic trainer on site at high schools with athletic programs, California is not one of those states.

CP mentioned, “California and Alaska are the last remaining states without licensure for athletic trainers.”

In school sites where there are not athletic trainers, the coach is responsible for first response medical treatment.

Where the coaching profession is focused on performance, the athletic trainer profession is focused on the athletes and their health while trained for emergency response.
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