Last Thursday at 6:30 PM, nationally renowned speaker, Brett Sokolow, made an appearance for the second year in a row to speak about sexual harassment. The Sexual Harassment Symposium included three sessions; however, only the last session included a lecture and discussion led by Sokolow that was open to the general public. The last discussion was held in the DeRosa Ballroom in the DeRosa University Center on campus. The session lasted about two and a half hours.

There was a very large turnout for the occasion, mainly of Pacific students. The Pacific Athletic Council, Pi Kappa Alpha Fraternity, and Sigma Chi Fraternity assisted in making the session possible. All three organizations also had a massive turnout of their members attending the symposium. Athletes from all sports teams on campus were also required to attend the conference. Pi Kappa Alpha president, Stuart Pollock, stated, “We like to get involved as much as possible, especially with crucial issues such as sexual harassment.

Tricia Juanitas
Contributing Writer

University of the Pacific’s Department of Communication presents the inaugural Distinguished Scholar Lecture. The planned series begins this Fall with our honored guest Dr. Charles R. Berger, Distinguished Professor of Communication, at the University of California, Davis. Dr. Berger’s research has explored primarily the role of cognitive processes and social interaction in the production messages. Currently, his research focuses on the ways in which information about risk influences individuals’ judgments regarding their vulnerability. Dr. Berger will be discussing his most recent research efforts of four decades through his presentation on “Making It Worse Than It is: How the News Media Perpetuate Fear in the Public.”

Dr. Berger is a leading authority in the field of Communication being amongst the most published and frequently cited theorist and researcher. He is perhaps best known for his leading-edge research on Uncertainty Reduction Theory, one of the most influential theories of interpersonal behavior in the last 50 years. He has published and co-edited several award-winning books, over 50 chapters, and hundreds of research reports. Dr. Berger served as an editor for Human Communication Research and more recently Communication Research. He is a Fellow of the International Communication Association and in 1995-1996 served as President of the Association and is currently an area editor for the International Encyclopedia of Communication.

Everyone is welcome (free of cost) to attend Dr. Berger’s captivating presentation on “Making It Worse Than It Is: How the News Media Perpetuate Fear in the Public” at the Janet Leigh Theatre on Wednesday, October 27, 2010 from 3:30 - 5:00 pm.

Alex Ruano
Executive Editor

Last Thursday, Raquel Aldana, law professor at Pacific McGeorge School of Law, Marisela Ramos, a History professor at Pacific, and Arturo Ocampo, Pacific’s Assistant Provost for Diversity were a part of a panel analyzing the recently passed Arizona immigration law, SB 1070. The discussion was a series of panels on issues related to immigration, and a part of Pacific’s Latino Heritage Month.
**Pacific Debate Team Takes Top Rankings In Tournament**

**Natalie B. Compton**  
**News Editor**

On October 15, the Pacific Speech and Debate team competed in two debate tournaments over three days and finished First and Second in LD Debate, Second in Debate Sweepstakes, and Fourth in the Overall Sweepstakes. The team did this with six competitors compared to the 20-40 competitors that other schools brought to the event.

The competition took place at Azusa Pacific University in Southern California and faced about 40 schools from around the country including the US Air Force Academy, UC Berkeley, and Arizona State University.

"We're used to taking first or second, but this is a rebuilding year," said Pacific Forensics' Director Dr. Marlin Bates who is in his 7th year as coach. The team is in rebuilding mode because unlike the other years, this season the team is newer and does not have any seniors on the squad.

The team is so new that at the season opener in San Francisco, most of the team competed with new partners. Despite the challenge, they managed to go 4-2 into the final round where they lost against the tournament champions. "Right now we are working on building the fundamentals. The team is full of very talented individuals, but they need a little bit more training and a little bit more knowledge," said Dr. Bates.

This needed training will come in during the team's 9-12 hours of weekly practice and rigorous schedule. "Athletic teams practice a lot, but unlike athletic teams we compete just about every weekend. It's constant," said Sigma Chi president, Brendan Rooney.

"Our games last from early on Friday to late that night and then it continues from 7 am to 10 pm on Saturday and on Sunday, it's intense." The competitions take place year round, starting in August and ending in April. This upcoming weekend kicks off a five weekend series of these events.

This weekend the team will travel to Pleasant Hill and the week after will host a national high school debate competition in which 40 schools will compete. The first weekend in November, the team will host the largest national tournament in the country followed by two weeks off.

The final tournament of the semester will take place in Ohio. Though the season may be hectic, junior and first year Pacific debater Josh Ward finds the experience worth it. "The team requires a lot of work," he said, "but you meet good people and it's a lot of fun.

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**Harassment Symposium Turnout**

From page 1

We would all like people to know we respect these serious problems." Sokolow is a higher education attorney that has legally counseled over 1400 colleges on sexual conduct and alcohol.

For the first hour of the session, he used metaphor and humor to encourage students to have a “conversation on consent.” Sokolow said, in relation to sexual conduct, “consent is active, not passive. The other person must communicate and passivity and silence in itself cannot be considered consent.” Sokolow used a metaphor referring to baseball to show the “bases” of sex. He said, “sometimes a kiss is just a kiss, but sometimes it’s first base. You can’t assume.” He continued to use humor to engage the mainly-student audience as he said phrases such as, “you’ll do anything to get on base. You’ll even bunt.”

Athletic training major, Emily Silva, stated that “[the conference] is really funny. It’s easily engageable.” After the first hour in which Sokolow discussed how important consent is, the whole room was placed into small group discussions to talk about sexual issues. Each groups comprised of approximately 18 people.

The groups were led by voluntary student-leaders, such as from the aforementioned student organizations that got highly involved with the conference. “We are doing it to keep people as informed as possible,” said Sigma Chi president, Brendan Rooney.

“People are often led astray by the connotations of fraternities and athletes. We are trying to clear that up.” Rooney also stated, “Sometimes people minimize the importance of this issue. That is the opposite of what we are trying to do with this session.”

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**Dolores Huerta To Receive Honorary Degree Today**

Co-founder of the United Farm Workers Union, Dolores Huerta, will receive an honorary degree from the University of the Pacific today at 4 pm in the Fay Spanos Concert Hall.

The event is free of charge and open to the public. "Dolores Huerta is a civil rights champion who is dedicated to improving the lives of others," said President Pam Eibeck. "Her leadership, determination and compassion exemplify Pacific’s values and provide our students with a model of engaged citizenship.”

After the degree ceremony, Huerta’s photo for the Architects of Peace Foundation exhibit will be displayed at reception in Grace Covell Hall.

For more information on the Architects of Peace Foundation, visit its website at http://www.architectsofpeace.org.
Public Safety Report Highlights

CASUALTY Other injury/accident Oct 11, 2010-Monday at 03:15 Location: JOHN BALLANTYNE
RP advised the student was trying to knock on the window to scare someone and the window broke and cut her hand. RP advised no medical is needed, hand is bandaged and student will get transportation to hospital, would just like an officer to respond.

FORCIBLE SEX OFFENSE Rape by Force Oct 11, 2010-Monday at 10:45 Location: SRTK RESIDENCE
SUSPICIOUS INCIDENT Suspicious Circumstances Oct 15, 2010-Friday at 17:29 Location: CASA WERNER
RP req’d ofc assist with smell in the area with no one in the room.

ANIMAL Animal Oct 15, 2010-Friday at 18:26 Location: BEAT 1
RP reported losing her two dogs on near campus. Rp will be called if calls come in to DPS.

SUSPICIOUS INCIDENT Suspicious Circumstances Oct 15, 2010-Friday at 17:29 Location: SIGMA CHI
Student reports hearing male subj behind c/1 yelling obscenities and threats. Officers checked area and unable to locate subject.

SUSPICIOUS INCIDENT Suspicious Person Oct 14, 2010-Thursday at 17:34 Location: STAGG MEMORIAL STADIUM
Rp reported a male sub in wk out clothing who jumped the fence.

SUSPICIOUS INCIDENT Suspicious Circumstances Oct 15, 2010-Friday at 08:33 Location: WEMYSS HOUSE
Reported a female student crying and had a red mark on her neck.

SUSPICIOUS INCIDENT Suspicious Person Oct 12, 2010-Tuesday at 22:15 Location: HEALTH SCIENCES
RP reported a poss intox male sub down in the area. Officers made contact. SUB was Fld and REVOKED NARCOTICS Possession of drug paraphernalia.

Lip Sync was a popular event of the weekend. Sigma Chi won both Judge’s Choice and Viewer’s Choice.
College: Protecting Us From Growing Up?

Kelly Amus
Copy Editor

There are a lot of things college is supposed to prepare us for, one of them being life, but for some reason college seems to be doing a little bit of the opposite; or rather, people are not utilizing college in such a way as to prepare themselves for life. There are quite a few differences, I have personally noticed, between campus life and the real world.

Right now we live in this campus bubble, and within this bubble everything we need to live, grow, and learn. However, in life, there will be no such protective bubble in which to flourish. You will have to leave your comfort zone frequently to accomplish simple day to day tasks, and from what I have seen, some students have real trouble with that concept.

In real life there is no Stripo to call when you’re slightly fearful of walking home in the dark. If people were to be a little more informed of their surroundings and of the "way of the world" they might realize utilizing this service (though helpful at times) will hinder their ability to cope with a similar situation outside of the bubble of protection we call our campus.

College is supposed to help you learn to deal with the real world but it continually makes it more and more difficult for the students. One thing is for sure, your landlord, in the near future, is not going to be as friendly or as helpful as the RA down the hall; nor will your neighbors be the same people you have been residing next to for the last four years. Generally, at first you will not know anyone in your apartment building and maybe after a few years of awkward interactions you may feel comfortable calling them an acquaintance. However, even after living near people for years, sometimes that "best friend" mentality never reaches the creepy old lady with all the cats.

Another issue that seems to be prevalent is the dependence on these magical meal cards that one can slide and receive food. Now contrary to belief do not relate this concept to a credit card, or trust me you’re in for a lot of problems. Now as cool as it seems, there is only one place that magical card works, and that’s on campus.

When you’re no longer attending college, please do not try to use that card again, it will not work. That is when you have to actually stop and think about the concept of budgeting your money so you have the ability to eat every day; funny how they have you wait until then to figure it out, right? Now sleeping in on Mondays and Wednesdays seems nice, but there are very very very few jobs with similar schedules to that of a college student. They believe in that whole concept of earning your money, so that 9 – 5 thing really happens. So there is not as much time for partying, or sleeping, and when you just don’t want to get up in the morning, well, you have to. Missing a class is not too bad, maybe your participation point drop or worst case you fail the class but in the real world, you’ll probably lose your job; and again you need to eat!

Now I know this all seems rather depressing but that’s why we’re here, to prepare for all of this. Once we leave here there is no more copying other people’s homework or getting to switch up the material every semester, just same old same old every day. Now, chose your major right and that concept might seem pleasing, but if you do not utilize this experience to the fullest… good luck.

It is entirely up to you to live life to the fullest, the school is obviously not going to do it for you.

Religious Squabbles Lead to Nothing

Ashley Elefant
Staff Writer

All of the trapped Chilean miners finally brought to safety: So why are people fighting? The simple answer to this question is greed and fighting? The simple answer always, it is just not that simple.

On October 13, all of the trapped Chilean miners were finally brought to safety after 69 days of captivity in a mine shaft 2300 feet below the surface. Efforts to help the miners survive did not begin until they were discovered, 16 days after the mine shaft collapsed. Although it was originally thought to be impossible to bring all the miners to safety, eventually a small hole was dug from the surface to the shaft which allowed rescue teams to send the miners down some food and water. Over the two and a half months following the mine collapse, engineers from all over the world worked diligently to turn this small hole into a 26-inch wide capsule, dubbed The Phoenix Capsule, which was used to slowly hoist the men to the surface.

More than a billion people from all across the globe watched these miraculous events unfold on TV, while a crowd of thousands surrounded the mine shaft. Many family members and friends gathered, eager to see loved ones brought to safety, while others simply turned up to help pray for the safe retrieval of all 33 miners. Chilean President Pinera was by far the most vocal of the trapped miners, in order to remind them to keep their faith.

The Seventh-day Adventists were by far the most vocal branch in the matter. They sent down tiny Bibles with magnifying glasses to the trapped miners, in order to remind them to keep their faith.

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The Pacifican reserves the right to edit all submitted materials for length, factuality, information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.
Vote Yes on Proposition 19 This November

Christiana Oatman
Perspectives Editor

The 2010 midterm elections are full of usual political election year drama—the tight Congressional races that could lead to the loss of the Democrats’ supermajority, the California gubernatorial race, the controversy surrounding Christine O’Donnell of Delaware and other Tea Party favorites—but on a state proposition level, nothing has stirred up more national attention than California’s Proposition 19, which would legalize recreational marijuana—possession of an ounce and the ability to grow 25 square feet—for adults 21 and older.

According to the proposition description on the California ballot, “roughly 100 million Americans (around 1/3rd of the country’s population) have acknowledged that they used cannabis.” The United States has some of the strictest marijuana laws in the world, yet uses and produces more weed than any other country. Marijuana is non-addictive—unlike legalized tobacco or alcohol—and has not been proven to have long-term effects on the body, also, its usage does not lead to violent behavior.

What appeals most to lawmakers about Proposition 19 is the potential tax revenue. It is estimated the government could make at least $15 billion in taxing cannabis. With the current budget crisis, our state with marijuana users and dealers law enforcement will be able to focus on the people and crimes that are actually causing harmful effects on society.

Many critics have attacked Proposition 19, claiming that it’s worded in a way that would give marijuana smokers the ability to smoke or be high while driving or on the job. As an editorial about the proposition in The Orange County Register states, this simply isn’t true. “The reason for prohibiting discrimination against cannabis users is simple. Existing testing methods can detect metabolites of cannabinoids for up to a month after cannabis use—long after any intoxication or impairment has disappeared. Employers can’t fire an employee for getting drunk on Saturday night so long as he or she shows up Monday able to perform satisfactorily. A similar policy should apply to marijuana and will apply if Prop. 19 passes.”

Prop 19 also “Reinforces laws against driving while impaired, makes it illegal to smoke in front of minors, and makes it illegal to smoke in public places. Cannabis users under Prop. 19 will be subject to all the constraints imposed on other citizens and some unique to them.”

Another critique has been that of the federal law versus state law issue. While marijuana is federally illegal and will remain so after the passage of Proposition 19, states have the legal ability to pass laws concerning health, morals, public welfare, and safety within each state according to the Yes on Prop 19 website. An obvious example of this is in 1996 when California legalized medical marijuana. Medical marijuana is still not legal on a federal level, but the feds have done nothing to prevent the medical marijuana law and it has been extremely successful.

An editorial published in the Visalia Times-Delta argues against Proposition 19, not because the writer feels that legalizing marijuana is wrong, but because the writer feels that the language of the proposition is too vague and would cause too many legal hurdles. He argues that, “Businesses would be saddled with even more legal issues in dealing with marijuana-using employees. Enforcement of driving-while-impaired laws will be impossible for marijuana, because unlike the 0.08 percent threshold for alcohol, there is no standard for marijuana impairment.” He also questions how parts of the proposition could be enforced—such as transportation across state lines or regulating the exact 25 square feet rule. Some of his questions are valid and need to be answered, but they will when the law passes. Once marijuana is legalized, lawmakers and law enforcement officials will be able to determine the legal limit of marijuana one can have while driving. Even laws allowing the usage of alcohol are just as vague; it’s hard to regulate transportation across state laws with that and, despite a massive “busted driving is drunk driving” PR campaign, busted driving is legal driving.

From 1920 to 1933, the United States tried to ban the production, consumption, and sale of alcohol through the 18th Amendment. The era, known as Prohibition, was a disaster. Just like today, people made their own alcoholic beverages and snuck off to underground speakeasys. Gangs and gang violence increased as the groups smuggled in rum and other types of alcoholic beverages from Canada or Mexico. People got just as drunk, if not drunker, than they had before and there were massive problems with drunk behavior and law enforcement. Finally, the 21st Amendment was passed and repealed the 18th Amendment, which was such a disaster it is still the only Constututional amendment ever to be repealed.

The current “war on drugs” has simply followed the same patterns as Prohibition. People will get stoned whether it’s legal or not. Marijuana is natural and some of the best art, music, and culture in our nation’s history has been created under the influence of weed.

What appeals most to students is that they used cannabis. “The world is about to experience a major environmental hazard. Please move as far as you can south, the country would listen. They did in a much similar situation in the 2004 Blockbuster, The Day After Tomorrow.”

Okay, let’s be fair. That was a movie completely created by Hollywood buffs. It may have included many outrageous circumstances; however, the producer got one thing right: people listen to the President. President Obama infamously won the last election by using the coined phrase “Change We Can Believe In.” So, if 63.7 million people were capable of listening to our President then, what is stopping Californians, specifically, so much now?

With the addition of Proposition 19 to our upcoming ballot, it has become clear that many Californians no longer want to listen. President Obama has made it clear that he does not support Proposition 19 in any way.

Obama’s attorney, General Eric H. Holder Jr., said in a public statement, “in a letter sent Wednesday to nine former chiefs of the US Drug Enforcement Administration, Obama wrote, ‘Let me state clearly that the Department of Justice strongly opposes Proposition 19. If passed, this legislation will greatly complicate federal drug enforcement efforts to the detriment of our citizens.”

Okay, so Obama hates it. At this point, you may be thinking, “I don’t really care if the President hates it. I still like the idea.” But do you really? Do you really know all of the information about the said Proposition?

Proposition 19 states clearly that under the act: “consumption of cannabis to strictly prohibit access to cannabis by persons under the age of 21.”

Does it really sound so great now? As college students, to mainly the act seems “awesome.” Arguments can be made saying that students need a break, freshmen, you may be able to vote, but it’s not going to help you anyways. You’re not 21. You won’t be 21 for probably the next 3 years and by then everything could have changed. By then, you may have witnessed your roommate get in a car accident because he/she was “intoxicated.” But not with alcohol this time, marijuana.

I personally do not have a total problem with the drug. I have many friends who smoke marijuana. I think it’s a great way to wind down after a long day and an awesome way to bond with friends. And at the end of the day, if the President doesn’t like it, we won’t let him put it down. After all, there are millions of people who support it. Do the math, Mr. President. Without it, we would be a very unhappy nation. So, Mr. President, how about you give us a break on Proposition 19? We promise to listen to you and not take marijuana.

See VOTE NO, page 6
daily and have been in many circumstances where I was placed in the same room with it. But that's just the thing—I was not in a room with it. Not a car. Not a boat. Not on the road.

If Proposition 19 passes, California will have many more problems on the road. There is a reason why it hasn't been legalized thus far. I personally do not want to be driving down the road and be hit by someone who had only one or two beers (which was legal for them at 21), but also be hit by the same person who had a few hits of cannabis (which would also be legal if they're over 21). Okay—so maybe people only feel a little "light-headed" after a hit or a little "tipsy" after a beer, but what happens when you have had up to six months and be fined up to $1,000 for each offense. Ready to spend the next six months in jail? I didn't think so. Also, because Proposition 19's defense is that it would supposedly help our state taxes, it seems that we have forgotten the kind of money we would have to put into the police force. If there is a crowd of so many that do not want this to pass, then of course they will be all over the law officials to strictly enforce the new law.

But enough about us, let's think about grandma. Proposition 19 would highly hinder the rights of Medical Marijuana users.

According to Amir Daliri, president of Cascade Wellness Center (a medical marijuana dispensary), "The people who would be most affected are the sick, the elderly—patients who cannot grow their own and cannot travel to pick up a prescription."

The state would instead be regulating, changing the way marijuana is available for the weak and ill.

Vote how you would like. Vote how your heart tells you. But just remember, you wouldn't want to be the terminally ill one, forgotten about by the state government.

Seventh-day Adventist pastor, Carlos Parra Diaz was very outspoken about his opinions on the matter. Diaz claims, "God has spoken to me clearly and guided my hand each step of the rescue...He wanted the miners to be rescued and I am His Instrument." He believed that it was through his direct communication with God that saved the miners.

During the 69 day ordeal, the Evangelicals remained close to the rescue site as well. In fact, they sent each of the miners an MP3 player with a recording of the New Testament through the hole. The Baptist community boasted that their god obviously had something to do with the salvation, considering two men 'converted' to Protestantism during their 69 day entrapment.

Although over 70% of Chile is Catholic, including a majority of the miners, the Catholic Church kept relatively quiet on the matter and only claimed some responsibility for the divine intervention that saved the miners. However, they also believe that the Pope, who had the miners sign a Chilean flag and bring it to him, used his connection to God to help God to save the men.

The real question in this matter is: why is everyone fighting? It is especially ironic that all four denominations fighting for recognition believe in the SAME God and Jesus Christ. While certain groups may have different theological practices, ways of communicating within their congregation and with God, and very different lifestyles, they all pray to the same God. They all believe in the afterlife. They all claim to believe that God is love and Jesus was a good person who did miracles and took care of the poor and the sick. Why aren't they simply praising their deity that they've all prayed to the same God, the Bible thumping and attention seeking behavior is over, the churches will finally barn to get along rather than divide up a nation.

VOTE NO, continued from page 5
LIFESTYLES

Tiger Talk: Shaliya Nath

Meet Shaliya Nath, a Junior student with a future in law. She is actively involved on campus and spends her time doing what she loves.

Nath sees her future self as an attorney. The Political Science and Pre-Law Minor is a Sister Delta Delta Delta Sorority and a Brother of Phi Alpha Delta Pre-Law Fraternity.

During her time at Pacific, she has explored many opportunities and is very determined about her future.

Where are you originally from?
Bay Area. Born in Hayward and raised Newark. My parents are originally from Fiji.

What are you studying?
I am studying Political Science and Pre-Law. I have always been interested in understanding politics and how it works. I want to go to law school and I feel it will help me with future endeavors.

What do you see yourself doing in 5 years?
Hopefully, I will be starting my career as a lawyer. I want to be done with law school and have passed the bar exam to start working.

What do you focus on in your spare time?
I play on a club soccer team, I work for Pacific Recreation and I am a sister of Delta Delta Delta and a Brother of Phi Alpha Delta.

Who is your greatest influence?
My parents. They have always showed me what comes from hard work and by doing the best you can you can be successful. They showed me that you can have fun but be responsible as long as I learn to prioritize.

Who inspires you today?
Myself. I have never been the type of person to follow the example of another person.

What kind of music defines you?
Hip Hop more towards R&B. It is relaxed and chill. It defines me as person because it is so relaxed.

How would you define your life philosophy?
My philosophy is live for today, take things day by day, make the best for today and make your own decisions. Follow your own decisions and stand by it.

What is your favorite dish?
By far Indian food, my mom’s shrimp curry. No one makes it like her. My mom adds curry to shrimp, Indian spices and potatoes. It tastes really good with Basmati rice.

What is one of your biggest goals or dreams you are personally focused on? If you can share...
I really want to work in Downtown San Francisco as an attorney. I want to go to UC Hastings. I love the city and would love to work there. I want to be successful and I want to own my own law firm, it is something I could see myself doing.

Do you have items you must leave the house with?
None.

Is there anything you want the Pacific community to know?
I feel like Pacific knows me pretty well.

FROM ACCLAIMED DIRECTOR KIYOSHI KUROSAWA

This Thursday at 8:00pm
Janet Leigh Theatre Presents

TOKYO SONATA
EVERY FAMILY HAS ITS SECRETS

NutriCat’s Corner:

Diet Coke or Coke? Which is better?

The obvious answer is neither, as water would be a much better choice. But, when choosing between the two, let’s see what each has to offer. What is the lesser of the two evils, Sugar or chemicals?

Let’s look at the ingredients and compare.

Coke: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Diet Coke: Carbonated Water, Caramel Color, Aspartame, Phosphoric Acid, Potassium Benzoate, Natural Flavors, Citric Acid, Caffeine.

The bolded words are ingredients the two drinks share. Diet Coke replaces the high fructose corn syrup with aspartame, a non-caloric artificial sweetener. Aspartame has been linked in some studies to various cancers and neurological problems. Both contain phosphoric acid, which may promote the leaching of calcium from bones. Potassium Benzoate is closely related to Sodium Benzoate, which was removed from Coke 2 years ago due to its carcinogen properties.

So, what’s the answer? If artificial sweeteners had been proven to be 100% safe, I would recommend the diet drink option. However, emerging research suggests links between metabolic syndrome and increased diet soda consumption.

NutriCat picks regular Coke for this battle. If you’re a healthy, active adult 2-3 regular sodas a week could be OK in your diet. Look at it as a sweet treat. If you’re drinking excessively more than 2-3 a week, consider cutting down. Need help? Contact NutriCat at 946-2315 to set up your free nutrition consultation. www.facebook.com/nutri.cat
Frank Warren: Post Secret

Matt Hill
Staff Writer

Last Saturday, Frank Warren, the creator of PostSecret, visited the Stockton campus. He talked about secrets and how they can burden our lives.

After his presentation, members of the audience came up to the microphone in order to share their own secrets and thank Frank Warren for helping them take control of their burdens. Frank Warren explained that the reason he felt so strongly about this project was because secrets can sometimes take control of us and dominate our lives. "I was hiding from secrets in my own life" Frank Warren confessed to the audience.

PostSecret allows people to let go of these secrets that have been locked away inside them for however long. It helps people let go of harmful feelings, confess their undying love for others, or share an embarrassing memory that they needed to tell someone.

When the members of the audience were allowed to come up to the microphone and share their secrets it became very emotional. Many people shared truly tragic and inspirational secrets that sounded like they had been locked away for a long time.

After the show I talked to a few people about what Post Secret meant to them and how they were feeling. Evelyn Zucker, a fellow UOP student, said, "Postsecret for me is hope, because you get to see all these different facets of people that are kept inside. It's nice to know you are not on an island."

Posting secrets is a nation wide phenomenon that helps inspire and heal people everyday.

Extension to ASuop: More Room for Students to Get Involved

Last year, the Associated Students of the University of the Pacific passed a resolution to extend membership to graduate students. That resolution, which was supported by the Board of Regents, went into effect this year.

Now, all full time students on the Stockton campus are members of ASuop, but few understand what that means. Members of ASuop have access to conference and club funding, the Baun Fitness Center, RecSports, and can attend events for free or reduced prices such as Tiger Nights, concerts, movies, speakers, off-campus excursions, and athletic events.

The ASuop governing body is also charged to represent students to staff, faculty, and administration. Get to know your options as an ASuop member. Start by contacting your senator or visiting the ASuop Office in the McCaffrey Center.

Extension to ASuop: More Room for Students to Get Involved

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GIVE Competition

The Reach Out program at the Center for Community Involvement is again facilitating a community service competition among student organizations. In general, Reach Out provides Pacific students, faculty, and staff with opportunities to contribute to our Stockton community as a volunteer. Within the competition these students and the groups they belong to, including university recognized fraternities, sororities, residence halls, and clubs, are given a chance to be acknowledged for their hard work!

The Co-Curricular G.I.V.E. (Groups Involved in Volunteer Efforts) Competition recognizes two organizations: the organization that completes the highest total number of service hours and organization that donates the highest average of service hours per active member. The Reach Out Volunteer Celebration, in the spring semester, recognizes winning organizations as well as individual volunteers completing over 50 hours of community service.

We strongly encourage organization members to log their hours on Reach Out Online at www.pacific.edu/reachout in order to credit for their contributions.

The following groups are registered to participate in this Co-Curricular G.I.V.E. Competition as of Monday, October 2010.

Alpha Phi
Black Student Union
Circle K
Delta Phi Epsilon
Sigma Alpha Iota
Sigma Chi

Don't see your organization here or in both categories? Contact Stephanie Labasan at cci@pacific.edu or (209)946-7489 to get your organization registered. The last day to register an organization for this year's Co-Curricular G.I.V.E. Competition is Friday, Oct. 29, 2010. Remember, official rosters for each semester are needed for the "Average Hours per Member" category.

Good luck to all and don't forget to log those hours!
Best Friends, Different Letters

Ava Aguayo
College Panhellenic Council, Vice President of Administration

Jazmin Quiroz and Cierra Reed have an unshakeable friendship. They are both juniors and members of the Greek community on campus; however, the girls are not members of the same Greek chapter. Jazmin went Greek during Formal Recruitment in the Spring 2009 and is a member of Kappa Alpha Theta. Despite being members of different chapters, they are both a part of the Cross-Country team for the University of the Pacific and other than that, the girls do everything together! Being in separate sororities allows them to connect with their sisters in their individual chapters, while at the same time being able to spend some time apart. Regardless of wearing different letters, the two girls are inseparable friends and they are forever bonded from their experience of being a part of the Greek Life at the University of the Pacific.

How to Survive the University Wide Power Outage

5. Spend those meal dollars at The Grove! Water, snacks, Red Bulls!
4. Pre-download your favorite shows! Hulu doesn't work on dead computers!
3. Be a kid again! Make blanket forts and s'mores in your dorm room! Then have an indoor campout with your friends!
2. Actually try to read your textbooks. Bring out your flashlight, use a pen and go back to the 1980s! Ditch the computer for a few hours!
1. Don't treat it like "The Bomb Threat." Nothing will blow up at 10 PM! Stay on campus & have some good ol' fashioned fun!

ASuop, Sigma Chi to Host Club ΣΧ

The Kappa Sigma chapter of Sigma Chi Fraternity and ASuop Arts and Entertainment are set to host Club ΣΧ on October 22 from 10pm to 1am in the DeRosa University Center Commons.
Music will be provided by DJ Porkchop. There will be free give aways to the first 100 Guests. There is no dress code.

Fraternity member Anthony Satder stated, "I anticipate that Club ΣΧ will bring the best of both worlds, the Sigma Chi dancefloor with the Club DC atmosphere.
It should make for an amazing event. Satder also noted that, "This is the first time Sigma Chi and ASuop have worked together in such a manner."

Music: Chromeo's Business Casual

Eric Verkerk
Staff Writer

Chromeo released their third studio album Business Casual on September 14, 2010. Chromeo's history dates back to when the duo were just two youngsters attending high school. In 2001 the two to signed to Dave One's younger brother and popular DJ, A-Track's Turbo Records under the name Chromeo. Chromeo found success breaking on to the scene after the release of their second album Fancy Footwork, which was released in 2007 and featuring popular tracks such as "Fancy Footwork" and "Bonafied Lovin". Since then P-Thugg and Dave One have been refining their sound; influenced by 80's ballads and disco funk, Chromeo has just the recipe to get you dancing. The duo play a variety of instruments onstage, Dave One is behind the mic accompanied by an electric guitar and synthesizer; at his side P-Thugg mans the talk-box, synthesizer, and keyboards. Off stage, Dave One is studying French Literature at McGill University and hopes to be a university level professor.
Chromeo continues to build upon their disco inspired sound in the new album but to find and maintain love. In "J'ai Claque La Porte", the hidden gem of the album, Dave serenades a woman of the past in his native language of French while picking an acoustic guitar. The track Grow Up sounds like it came straight off a late 1980's pop album, the heavy base and electric drums combine with the dirty synth evoking memories of the Full House theme song on steroids. The track "Night by Night" exhibits a smooth electric guitar intro that will surely get your foot tapping if not your entire body up and dancing. Dave's soothing voice is met by P-Thugg robotically enhanced voice to sing the choirs, the electric guitar is re-introduced by Dave who lays down a classic solo to add the cherry on top this single.
Overall, Business Casual deserves a good listening through, stand out tracks worth an ear are "Hot Mess", "Night by Night", "When the Night Falls", "J'ai Claque La Porte".

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Midnight Mania Kicks Off Another Season

Kohe Armah
Lifestyles Editor

The official start of the NCAA playing season was the source of anticipation on the Pacific Campus. Midnight Mania started off the Pacific Men's and Women's basketball team's seasons with a bang on Friday night. The event was held in the Alex G. Spanos Center to an audience of nearly 1000 spectators.

Midnight Mania featured a shoot out, games, slam dunk contests, music from DJ Porkchop, and performances from the Pacific Tiger dancers and 2nd Nature Dance Crew. Junior Transfer Chuck Coley claimed the title of Midnight Mania Dunk Contest winner. Pacific Alumni and 2001 NCAA Dunk Contest Runner up Myron Bowden served as one of the judges for the Midnight Mania Dunk Contest.

Midnight Mania also marked the unveiling of the Big West Championship banner after the Tiger's Men's team took the title of Big West Conference Champions for 2009. The event also marked the first midnight event which "The Pac", Pacific's rebranded student marketers were present at to hype up the crowd. The crowd was engaged and there were giveaways including two round ticket trips to Las Vegas on Allegiant Air and a night on a party bus for Sigma Chi Fraternity.

Midnight Mania is a yearly tradition at Pacific.

Swimming Places 3rd at Pacific Invitational

In the final day of the Pacific Invitational, the men's and women's swim teams finished in third place out of four teams with 506.5 points and 466.5 points respectively.

In the 200 Free Relay, the women's team comprised of Shannon Van Konynenburg (Cape Town, South Africa), Jayme Swalin (Kenmore, WA), Becca Wyant (Redmond, WA) and MaryElla Randall (Cape Town, South Africa), comprised of Steven Woods (Walnut Creek, CA), Jonathon Alves (Davenport, Iowa), Taylor Moore (Sacramento, CA) and David Hernandez (Chico, CA) took the number seven spot with a time of 2:10.84 respectively to round out the top-15.

Sophomore Mallory Mcgowan (Colusa, CA) captured the number nine spot. While the men's team comprised of Steven Woods (Walnut Creek, CA), Jonathan Alves (Davenport, Iowa), Taylor Moore (Sacramento, CA) and David Hernandez (Chico, CA) took the number seven spot with a time of 2:10.84 respectively to round out the top-15.

Junior Elena Walterman (Framingham, Mass.) and sophomore Jenna Chaplin (Nassau, Bahamas) registered back-to-back finishes in the 200 Fly to capture ninth and tenth place finishes with times of 2:10.84 and 2:10.87 respectively.

Sophomore Sean Dunnigan (Bel Air, Md.) and freshman Hans Peters (Naperville, Ill.) had a top-back finish in the men's 200 Fly, touching the wall in 1:59.94 and 2:00.21 respectively to round out the top-15.

Freshman Haley Shillington (Thousand Oaks, CA) had the Tigers top finish of the day in the 500 Free, when she touched the wall in 5:05.56 to come in second behind BYU's Allie Dodds, while Swalin finished sixth with a time of 5:09.11.

Junior Nathan LeRoy (Arlington Heights, Ill.) had a top-15 finish in the men's 500 Free with a time of 4:46.56.

Sophomore Mallory McGowan (Colusa, CA) registered a time of 2:16.01 to come in 14th in the 200 IM, while junior Lia Santini (Bothell, WA) narrowly missed a top-15 spot with a time of 2:16.83. McGowan also had a sixth place finish in the 200 Breast, when she touched the wall in 2:27.45.

During the 100 Free, Randall had Pacific's top time for the men's team when she touched the wall in 53.05 for the fourth place spot. Sophomore Balazs Szabo (Budapest, Hungary) of the men's team finished the men's 100 Free in 47.31 to claim the number nine spot.

Freshmen Shelby Bolin (Blue Springs, MO) and Bo Cameron (Weymouth, England) came in seventh and ninth in the 200 Back with times of 2:11.93 and 2:12.95 respectively.

Both women's and men's swimming teams helped place 3rd at the Pacific Invitational.
Men's Basketball Gears Up for the Season

"Number one, you're always excited," head coach Bob Thomason said. "I think this team is developing into a championship team." The team welcomed seven new players this season: sophomore, Andrew Bock (6-2), freshman, Spencer Llewellyn (6-3), junior, Rundell Maige (7-1), junior, Jose Rivera (6-3), junior, Chuck Coley (6-8), freshman, Khali Kelley (6-8) and freshman, Alex Enright (5-10). "The new guys have been making great adjustments. Of the court too, they have done a great job," Thomason said. Some of the improvements the coach has noticed so far should add more points on the scoreboard. "I think we shoot the ball and score the ball better," Thomason said. "I like our chances." This year marks Thomason's 23rd season at Pacific. "I always coach basketball one year at a time," he said. "My job this year is to coach this team as good as I can and hopefully get another ring like we did last year." Joining the coaching staff is former Pacific player, Calvin Byrd. During his time on the team, the Tigers had a record 27 wins in the 2004-2005 season. "Calvin was here for four years and is a very good coach. He fits in very well with Adam and Ron. It's been the smoothest transition. He's doing a great job," Thomason said. The team is looking ahead in terms of goal-setting this season. "We want to go to the NCAAs so the team can experience something really special, so we can get the university some great publicity and also some for Stockton," Thomason said. Before heading to the NCAAs, the team must face some of its rivaling teams. One such team is the UC Santa Barbara Gauchos. "Santa Barbara, we've got to get them," Thomason said. Other rivals include California State University Long Beach, who beat Pacific at the end of the last season, and University of California Davis, who Thomason says, "has a few really good players." Rivalries aside, the Big West Conference will be interesting this year. "Any team can beat any team any night. We know that any night we have to come to play," team captain and senior, Sam Willard said. The season will not be starting slowly for the Tigers. The team will have two exhibition games followed by a trip to Texas, after which it will play in the 2010 Dick's Sporting Goods NIT Season Tip-Off in Los Angeles. "We have some really big games, we have some really tough opponents early, and that's a good thing," Willard said. "We're excited to get started." A factor that both players and staff agree is important to the Tigers' success is student support. "The nights that the students are here and having fun, our guys seem to play the best," Thomason said. "It's always better when the students are here," Willard said. "It's always a better atmosphere. We love it. The more games you come to the better. It would be great if we could just get a bunch of people here." The first home game will take place October 31 at the Alex G. Spanos Center where Pacific will play the Sonoma State Seawolves at 3:00 pm.

Soccer Beats UCSB Sunday

After falling behind in the 73rd minute, goals from Kristina Wavomba and Angelica Figueroa gave the Pacific women's soccer team a 2-1 overtime win over UC Santa Barbara Sunday. Figueroa scored the game winner with 10 seconds left in the first overtime session. "It's a huge win over a very good team. These two teams [Cal Poly and UCSB] were in the final the last two years, so to beat both of them in the same weekend, on the road, is pretty massive," Keith Coleman said. "Coming back shows the experience of this team. They aren't being faced with anything they haven seen before. Our defense is playing great, and Jill [Medigovich] is playing great, and now we're confident we'll be able to score goals when we need them. We're playing really, really well right now. But it doesn't mean anything if we don't come home and take care of business." With the win, Pacific evens its overall record at 6-6-3, improving to 6-2-2 against unranked opponents. More importantly, the Tigers moved into a tie for second in the Big West Conference along with Cal State Northridge, who plays UC Riverside Sunday night. Pacific returns home on Thursday to play UC Davis at 7 PM at Stagg Stadium.

Engelhardt Named Global Player of the Week

After posting another stellar week leading the Tigers' offensive attack, senior Svenja Engelhardt (Sinsheim, Germany) earned the distinction of the American Volleyball Coaches Association (AVCA) Global Player of the Week for the week ending on October 17. Engelhardt earned the award once before during the same week of action a season ago as a junior while she also garnered special mention of the weekly award earlier this season on September 19. Overall on the year, Engelhardt leads the team and the Big West Conference with 331 kills while averaging 4.53 kills per game, a mark which ranks just outside of the top 10 in the country among the nation's top hitters. Additionally, Engelhardt has posted 149 digs (2.04 per game) while also tallying 38 total blocks.

The men's basketball team looks forward to playing Sonoma State on Oct. 31.
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