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University of the Pacific

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Pacific's Celebrates 14th Annual "Festival of Lights"

Pacific's 14th annual holiday celebration "Festival of Lights" will be held Sunday, December 5. This event shows how the Pacific Community comes together to celebrate the holiday traditions of many cultures and faiths.

Events include a Holiday Faire, an Interfaith Holiday Celebration, and a Sing-a-Long and Pancake Breakfast. Students, Faculty, Staff, Families, and Friends are all welcome.

Festival of Lights Schedule

HOLIDAY FAIRE
DeRosa University Center Walkway, 3pm to 6pm. Festivities begin with music, crafts, food, kettlecorn, and beverages and family photographs.

Bring your children to see Santa Claus at Santa's Village. Other children's activities include face painting, storytelling, and a magician.

(Note: the event will be inside the DeRosa University Center Ballroom if there is rain.)

INTERFAITH HOLIDAY CELEBRATION
Morris Chapel, 6:15 pm. Guests will continue from the DeRosa University Center at 6pm to Morris Chapel for an interfaith service led by Visiting Chaplain Deborah Conrad.

The service will celebrate the diversity of many religious holiday traditions through music and spoken word.

PANCAKES & HOLIDAY SING-A-LONG
DeRosa University Center, 7:30 pm. Following the interfaith celebration, guests will form a candlelight procession to return to the DeRosa University Center.

This holiday sing-a-long will feature brass musicians, led by Conservatory faculty and a wonderful holiday pancake buffet will be available.

There will also be a Christmas Concert at Cathedral of the Annunciation presented by the Pacific Choral Ensembles on Friday, December 3rd, at 7:30pm.

"The Christmas Carol" starring Jim Carrey will be playing at Pacific's Janet Leigh Theatre at 8pm Thursday, Friday, and Saturday, December 2-4.

Tickets are free for students. Staff, faculty, and alumni tickets are $3; and general admission is $5.

A Starlight Night will be hosted on Saturday, December 4th starting at 3pm.

Ride the San Joaquin RTD complimentary event trolley between events at Lincoln Center, Stone Creek Plaza, Miracle Mile, and the Lighted Boat Parade in Downtown.


For more information, contact Steve Whyte at 209.946.2753 or swhyte@pacific.edu.

University of the Pacific has named a new registrar.

Ann Gillen was appointed to the position after serving as the acting department head since July of this year.

She will take the permanent title on Wednesday, Dec. 1.

Gillen will oversee a diverse portfolio as registrar, including: management of student academic records, course registration and grading, transfer articulation, posting of degrees, scheduling of classes, implementation of relevant academic policies, student veterans' services, National Collegiate Athletic Association (NCAA) certification, and maintenance of Family Education Rights and Privacy Act compliance.

"Ann Gillen has demonstrated the ability, vision and collaborative style necessary for this position," said Robert J. Alexander, associate provost for enrollment.

"Along with members of the search committee, I am thrilled that she has agreed to fill this vital role in ensuring the continued academic integrity of the university.

This year, the office of the registrar staff facilitated the registration of the largest number of enrolled students in University history.

Across all three campuses, 6,717 students registered for classes, an increase of more than 300 students from last year.

Gillen was hired by Pacific in 2005 as associate registrar and was named acting director this past summer.

Prior to coming to Pacific, she was associate registrar at Seattle University in Washington, where she earned her bachelor's and master's degrees.

During the past five years at Pacific, Gillen has played an active role in the development of campus systems and technology, implemented new degree audit and transfer articulation systems, revamped the schedule of production of classes, and streamlined the degree posting process from months to days.

"As registrar, I will uphold academic standards while balancing the needs of the student and the institution," said Gillen.

"I couldn't ask for a better team of hard-working professionals, who devote themselves daily to serving our students and the Pacific community."
How To Deal With End-of-Semester Laziness

Danielle Procope
Staff Writer

The semester is almost over! Soon it'll be Winter Break and we'll be free from school for a month. People have countdowns in their dorm rooms, people are counting down on Facebook. It doesn't help that we just came back from Thanksgiving break.

This is my first semester at Pacific and I started out bright-eyed and ready for any and every academic challenge that would come my way. I was like this for around two months.

I did all of my papers in advance, and I didn't cram for any of my midterms. I was never late to class, nor did I ever miss a class; but something has changed between August and now. I am running low on motivation.

After getting a less than satisfactory grade on a Calculus midterm and scrambling to finish a paper at the last moment, I'm beginning to realize that something in me has changed and that I need to fix it; at least in time for finals.

Now, even though it's natural to get tired at this time, I have some ideas on how to end this semester strong:

1) Stop thinking about how much you can't WAIT until you're in that one professor's class for the very last time. Try to stay in the present, and do what you need to do to get the best grade possible.

2) Why not plan to write your paper, a couple days before it's due? It'll be better quality and you'll be under less stress.

If you need an incentive beyond that, think of how you'll be able to laugh at your friends who still have to do it 3 in the morning, the day it's due.

3) Set specific goals and then do something fun when you get them done. If you write a paper when you planned to then CELEBRATE by doing nothing important for the rest of the day!

You can go and hangout with your friends, or go to the UC or the Grove and buy something really unhealthy to eat. Everything is about balance. You can't work all the time, but you need to do work some of the time.

4) I know this sounds cheesy, I guess it kind of is; but, learning things really isn't so bad. There are a lot of things worse than going to a top notch private college and getting a great education that will prepare you for a successful life.

I know you hate one class, I know you hate studying and writing papers, but soon it'll be over (at least for a month) and if you focus now you'll be happy when you get your grades later.

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.
Consumerism During the Holiday Season

Every year, the day after Thanksgiving, stores throughout the nation open at ridiculously early hours—sometimes not even closing on Thanksgiving Day—as thousands of shoppers storm the stores and wait in long lines to purchase the latest must-have items for the holiday season—TVs, laptops, gaming systems, you name it, there was probably a frenzy for it.

This tradition, known as Black Friday, because its sales are hopefully going to put stores' incomes in the black; has been around for decades, but it seems like it gets crazier each year.

In cities all over the country, people wait outside of stores or wake up at 3am or simply don't sleep at all just to be the first to get inside and "save" some money—by spending it.

In one Pennsylvania city, a group of people waited outside in freezing cold temperatures from Monday to Friday just to be the first in line to purchase a pair of limited edition Air Jordans.

It seems ironic that Thanksgiving is traditionally a holiday to be spent with family, discuss what and who you're thankful for, be happy with what you have, and eat lots of food—and then the next day is a day to go out and buy a bunch of crap.

Do you really need the latest model of laptops, cell phones, TVs, gaming systems or iPods? Electronics may be awesome—I know I'm thankful for mine—and so is saving money, but at what cost?

How are you really expressing what you're thankful for and spending quality time with the family you're getting gifts for if all you're doing is sitting outside in the cold waiting for a store to open?

While this year's Black Friday has come and gone, consumerism is rampant during the month of December and sometimes, pardon the cliche, it's difficult for people to remember what the holidays are all about.

Giving gifts during December is a way of showing love and gratitude to friends, family, and coworkers. It may be nice to have the latest gadget, but at what expense? It even seems like many of the holiday marketing campaigns aren't even about buying presents for others anymore, but having an excuse to buy stuff for yourself too.

There's nothing wrong with getting gifts for other people, but how about instead of spending lots of money, sometimes more than people actually have, why not save that money and instead use the time you'd spend shopping with your friends and family?

Have a holiday potluck. Do a Secret Santa or White Elephant Exchange with your clubs or organizations and have a really low price limit. Make something like jewelry or write a poem or knit a sweater, which is not only cheap and creative, but is also more thoughtful than just buying the latest fad.

As you celebrate the holidays this year, remember to be thankful for the people and things you already have—not what you suddenly, desperately need.
LIFESTYLES

Stockton Celebrates Holidays

The City of Stockton will be coming together to celebrate the holidays on Saturday, December 4th. The Lincoln Center, the Sherwood Mall, the Miracle Mile, Stone Creek Village, and Downtown Stockton will host holiday celebrations throughout the day.

Events leading up to the Starlight Night will be food, shopping, and holiday specials. The highlight of the evening will be the city of Stockton's official tree lighting ceremony. There will also be a lighted boat parade.

Earlier in the Day, Stockton’s major retail locations will be having other holiday activities. The Lincoln Center will be hosting “Heroes for the Holiday,” an event sponsored by Packed with Pride, a group honoring soldiers and veterans. There will also be an appearance from Santa and carriage rides.

At the Stone Creek Village, Santa and his reindeer will be present, also music from Radio Station KAT Country 103. For Children, Radio Disney will be present at the Sherwood Mall. There will also be other entertainment for Children will at the Sherwood Mall.

Stockton’s Miracle Mile will feature live performances, a snow area, tree lighting, and a visit from Santa. That evening at 7pm and 9 pm the 3D/HD snow skiing film will be showing at the Stockton Empire theatre.

San Joaquin’s Own Holidays on the Farm

Kobé Armah  
Lifestyles Editor

The holidays are the perfect time to spend with family. For family friendly fun, go to Holidays on the Farm at Dell’ Osso Family Farm in Lathrop. This year the Farm will feature Snow on the Farm, Lights on the Farm and Santa’s Village.

Lights on the Farm is a drive through a mile of lights. Lights on the Farm is a light show display featuring nearly 250 different light displays and a 200 foot tunnel featuring holiday lights. For those who want to have a more whole experience, there is also the Dell’ Osso Express Train and Hayrides.

S a n t a’s Village also features other family friendly activities such as: fresh cut tree picking, a bakery within an old fashioned Country store, a Wreath Making station, pictures with Santa, and Live Reindeer.

The highlights of unparalleled fun at Holidays on the Farm are the ice activities. The ice activities include the snow mountain, the skating rink, and the snow play area. The snow mountain is open to all riders taller than 36 inches for a snow tubing session. Tubing sessions last 90 minutes.

The holiday park is open until Sunday, January 2nd. More information about admissions, prices, hours of operation, and updates for Holidays on the Farm is available online at holidaysonthefarm.com

NutriCat’s Corner

It’s that time of year; semester exams are here and that means the holidays are right around the corner. And Holidays are synonymous with indulging in extra food, creamy soup, casseroles, pies, soda and sausages, pies and other baked goods.

T his is the time of year, NutriCat leaves you with her top tips surviving holiday parties and gatherings.

1. Don’t go to a party or dinner hungry. More than likely you will end up eating faster and more when you’re hungry. Eat a wholesome breakfast and lunch the day of the party.

2. Watch your portion: treat yourself a drink, dessert, chocolate or sweets without guil
guilty but always watch your portion. The first bites taste the same as the last. Savor each bite and you’ll end up eating less.

3. Make a conscious choice to limit high fat items: high fat food items can be found in fried food, creamy soup, casseroles, pies, soda and sausages, pies and other baked goods.

4. Try different versions of eggnog: Low fat: high fat: egg nog? NutriCat does too! Google “low fat egg nog” and you will find lots of low fat egg nog recipes. Try Silk Nog, it’s creamy without the extra fat and calories of traditional nog.

5. Limit alcohol. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.

6. Drink lots of water. Indulge in a glass of water: two of holiday drink favorites, but stick to water the rest of the time.

7. Get moving! Head out on a walk with the family after dinner or organize a game. Being active with help to burn calories and limit time spent grazing around the table.

Lastly, if you feel like you’ve fell off the wagon based on your goals, don’t sweat it! Move on and continue to eat based on those goals from this point forward. Fretting over an indulgent night doesn’t do any good. Of course, NutriCat is here to help you with all of your healthy eating plans and New Years Resolutions, schedule a FREE appointment now, 946-2315. www.facebook.com/nutricat

JIM CARREY

TONIGHT, FRIDAY AND SATURDAY AT JANET LEIGH THEATRE

A CHRISTMAS CAROL

Disney
Film: Harry Potter and the Deathly Hallows Part I

This was partially due to the novels becoming increasingly longer, and because of a change in director. However, Warner Brothers finally got its act together and allowed for the whole (well, most, anyway) of the story to be told. The result: spectacular.

"Harry Potter and the Deathly Hallows: Part I" had everything a great film possesses. No scenes in the film felt hurried, and each had an important meaning. The trend was consistent throughout.

Very little of the novel plot was changed or removed in the film. Sure, there is no Barney Weasley, Hedwig is never in her cage, the "Voldemort taboo" is not explained, and Wormtail doesn’t kill himself. The biggest complaint is that the relationship between Harry and Albus Dumbledore is never really explored, unlike in the novel.

Overall, the film did a tremendous job of sticking to the plot of the novel. The opening was incredibly moving. The Ministry of Magic break-in scene was unbelievably clever and absolutely hilarious. Voldemort never looked more badass. The animation for the Tale of the Three Brothers was very well done. The death of a certain devoted house elf will be the talking point of the film for most fans for its pure sadness and tear-producing ability. The ending was the pin-point perfect cliffhanger.

It doesn’t matter if you’ve neither seen the films nor read the novels. Go see this film. You will be moved. July 11, 2011 can’t come soon enough.

Winter Holiday Fun:

Public Ice Skating at the Stockton Arena

A holiday winter would not be fun without some ice skating. The Emergency Food Bank of Stockton and San Joaquin will be sponsoring Winter Wonderland, ice skating open to the public at the Stockton Arena.

Winter Wonderland will run from 1:00pm to 9:00pm on Monday, December 20th to Wednesday, December 22nd. Each day will have four 1 hour and 45 minute long sessions. Tickets will be available at the Stockton Arena Ticket Office and range from $1 to $5. Guests can bring a non-perishable food item for a discount. Guests who come in groups of 10 or more will also be eligible for a discount. The 3rd Annual Winter Wonderland will also have party packages available. Skate sizes will be limited and will be available on a first come, first serve basis. For more information about Winter Wonderland, call (209) 373-1400.
Women's Basketball Loses to UNLV

Host UNLV used a 12-2 run to open the second half and hand Pacific a 56-44 loss in the consolation game of the Hyatt Place Lady Rebel Round Up Saturday at Cox Pavilion. Sophomore Jordan Rodgers (Sparks, Nev.) picked up 10 rebounds for the second-straight day, but the Tigers couldn't over-come the second half run by the Rebels to fall to 2-4 on the season.

UNLV (+1) was led by Jamie Smith's 17 points and 10 rebounds. The Rebel forward went 10-for-10 from the free throw line.

Each team played defense which gave the opposing offense fits, however the Tigers often relied on fouling the UNLV post players to deny them opportunities to the rim, and the Rebels made Pacific pay at the foul line, connected on 24-of-35 from the charity stripe.

Pacific out-shot UNLV, by a margin of 30.9 percent (17-of-55) to 30 percent (15-of-50), and held a 44-42 rebounding edge, but the Tigers were bitten by 24 turnovers. "UNLV played really well in the second half, so we have to give them credit, they made halftime adjustments," head coach Lynne Roberts said. "We have to stop beating ourselves with turnovers and fouls, but overall this tournament was a good experience for us. We steals, while a trio of Tigers finished with six points each. Freshman forward Danielle Peacon (Sparks, Nev.) scored six points with six rebounds, while freshman guard Gena Johnson (Elk Grove, Calif.) provided six points and senior guard Jennifer Fath (Carrollton, Texas) tallied six points with two assists.

The first half featured seven ties and 10 lead-changes after Pacific opened with a 9-2 lead on three-pointer from Rodgers. UNLV whittled the margin down to 9-8 and took the lead for the first time on a pair of free throws and fouls, but the Tigers would get no closer.

Johnson knocked down a three-pointer to cut the gap back to five with 5:56 left in the game, but Kelli Thompson hit a pair of free throws and after the Tigers came up empty on their next possession, Lenita Sanford got to the line and knocked down two shots, Pacific turned the ball over and Thompson's lay-up put UNLV up by double-digits with under two-minutes to go, 50-39.

Rodgers added a lay-up to pull within 50-41, but UNLV hit six consecutive free throws in the final minute to take their largest lead of the game with 28 seconds remaining. Johnson's three-pointer with 19 seconds left provided the final margin at 56-44 as the Tigers dropped their third straight on the road.

Thompson finished with 15 points for the Lady Rebels, while Sanford added six points, five boards and three blocked shots.

Pacific can be seen playing again on December 19th against Portland at 7:00 PM in the Alex. G. Spanos Center.
**Misa Named Last Big West Player of the Week for 2010**

Dominating the Saint Mary's weekend with a career-best 26 kills, Misa's efforts were just a continuation of the dominance she had shown over Pacific's final three matches of the season as she hammered down a career-best 26 kills while hitting an impressive .349 from the pins, committing just four errors on 63 attacks. She added nine digs in the match for the Tigers, just missing out on her 10th double-double of the season. Additionally, her lone service ace of the contest was the match-winning point for the Tigers.

For the year, Misa finished with 345 kills on 1,104 attacks, second most on Pacific's squad. She also added 20 aces and 297 digs. Earlier in the week Misa was named to the All-Big West Honorable Mention team for her play.
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