**Keeping It Consensual at Pacific**

Ann Mazzaferro  
Pacifican Staff Writer

One in four college women will be raped or have a rape attempted upon her during her lifetime. Pacific students have the powerful opportunity to drive that record down on Thursday, Oct. 28, at the Keep It Consensual forums.

A thought-provoking blend of lectures, panel discussions, workshops, film, and theater, Keep It Consensual is designed to engage students in conversations about sex, alcohol, and choice in sexual relationships. Ultimately, the goal of Keep It Consensual is to provide students with a clear understanding as to what consent means and the role that alcohol can play in removing the cognitive capacity to consent to one’s actions.

The day begins with a panel discussion focusing on “Sexual Assault and Consent,” from 12:00 p.m. to 1:30 p.m. in the DeRosa University Center Ballroom. Participants will include Dan Esparza, a program manager for the California Coalition Against Sexual Assault; Joelle Gomez, the executive director for the Woman's Center of San Joaquin County; and featured speaker Brett A. Sokolow, the president of the National Center for Higher Education Risk Management.

From 1:30 p.m. to 2:15 p.m., Pacific Ambassadors will take the stage in the DUC Ballroom to perform “Posing the Question,” a comic script that focuses on the questions partners should ask themselves and each other before engaging in intercourse. This presentation will immediately be followed by law professor Ruth Jones, who will be speaking on “Rape Law and Colleges: Choices and Consequences of Student Behavior.” This presentation is slated to run from 2:30 p.m. to 3:30 p.m., and will center on how the law defines rape.

“My Ownership of Community: Prevention to Empowerment to Bystander - Intervention to Victim Resources and Process: A Workshop to ‘Train the Trainers’” will take place from 3:30 p.m. to 5:30 p.m. under the direction of Sokolow. This workshop will be limited to those who have pre-registered by Oct. 28, and is expected to feature speakers from the City of Stockton Police Department, the Health Center, the Woman’s Center of San Joaquin, and many other institutions.

Concurrently, the 2007 Academy Award-nominated film “Doubt” will be playing at the Pacific Theater (3:30 p.m. to 5:30 p.m.), and a panel discussion for Pacific staff only will be held to discuss the best responses for dealing with sexual assault on campus. Speakers will include Dr. Diane Borden, see CONSENSUAL, page 3.

**Dinner to Provide Career Opportunities**

Blair Paula  
Pacifican Staff Writer

Students at Pacific will have a chance to meet prospective employers over a five-course meal. The Etiquette Dinner is an annual event at Pacific. It will be held in Grace/Covell Hall on Nov 4 from 5:30 p.m. to 8:30 p.m. The dinner, organized by the Career Resource Center, will feature lessons on dining etiquette in a professional setting with a five-course meal served so students practice the etiquette that will be expected of them in future engagements. Learning which forks to use in which order is not the only reason to attend, though.

When asked about the purpose of the event, Caroline Herrod, Career Counselor, said, "It's an excellent opportunity for students to learn dining etiquette and networking in a professional setting." Herrod then added, "They'll also learn how to small talk...There'll be a networking portion where students will have the chance to mingle with them, taking advantage of the opportunity to learn of jobs and internships. Herrod explained that several attendees in previous years received internships that led to jobs. She encourages students to attend.

All the activities see ETIQUETTE, page 2.
NOISE COMPLAINT
JESSIE BALLANTYNE
10-18-09
Officers responded to a report of nine subjects being loud in the area. Subjects were contacted and advised.

CASUALTY
PACIFIC & PRESIDENTS DR
10-18-09
Officers and medics responded to a report of a female having a panic attack. Officer reported medics cleared without transporting.

VANDALISM
SIGMA CHI
10-18-09
Officer responded to a report of vandalism to the residence. Officer reported spay paint to the exterior; officer initiated a report.

AIDED STOCKTON PD
OFF CAMPUS
10-19-09
Victim reported he was attacked while at the 7/11 on Rosemarie, and was now on campus requesting officers stand by since SPD already notified. Victim was student who was getting gas. Officer made contact and checked the area for the suspect with negative findings.

CASUALTY
ATHLETICS
10-19-09
Inferred medics responded to a report of a male subject who lost consciousness. Subject will seek own medical. Officer initiated a report.

CASUALTY
PACIFIC & KNOLES
10-19-09
Officer reported two suspicious juveniles riding their bicycles around campus. Juveniles were seen riding across footbridge, then one juvenile seen walking near the bus stop. Second juvenile was seen with two bicycles. Officers made contact with the juvenile on foot and revoked from campus. Officers were unable to locate the second juvenile.

FIELD CHECKOUT
SWIMMING POOL
10-20-09
Officer conducted a check out on three subjects on the north side of the pool. All subjects were interviewed and advised of trespassing laws.

WARRANT ARREST
PERSHING & BROOKSIDE
10-20-09
Conducted a check out on a male subject near the Townhouse Apartments who was on a bicycle. Subject was arrested for an outstanding warrant and transported to the county jail.

BURGLARY
JESSIE BALLANTYNE
10-20-09
Dispatch received a report of three subjects who entered the building after a student was leaving. Officers arrived and found the three leaving with several pieces of clothing. Officers tracked the clothing back to the laundry room where someone left the clothing in a dryer. Officers recovered all of the clothing and arrested the three for burglary. Property was returned to the victim.

SUSPICIOUS PERSON
KENSINGTON & ALPINE
10-21-09
Staff reported a suspicious male subject on a bicycle riding through the lot. Subject left the area when seen by staff. Officers checked the area with negative findings.

BURLGARY
COMMUNICATIONS
10-21-09
Staff reported a bookcase with books stolen from the building. Officer responded and initiated a report.

CASUALTY
FARLEY HOUSE
10-22-09
Officer responded to a report of a male subject who burned his eye. Subject was transported via ambulance to a local hospital.

VANDALISM
PACIFIC THEATRE
10-22-09
Officers responded to a report of graffiti on one of the desks. Officer initiated a report.

SUSPICIOUS PERSON
HEALTH SCIENCE
10-22-09
Staff reported a suspicious male subject wandering around on the 2nd floor.

SUSPICIOUS INCIDENT
LOT 1
10-23-09
Officer conducted a check out on a U-Haul parked in the lot for over one week. Vehicle came back clear. Officer contacted U-Haul who reported the vehicle was overdue and will be sending a tow for pick-up.

THEFT
JOHN BALLANTYNE
10-23-09
Victim reported bolts removed from her front wheel of her bicycle. Officer responded and determined attempted theft of bicycle and initiated a report.

THEFT
CASA JACKSON
10-23-09
Victim reported theft of her bicycle seat. Officer responded and initiated a report.

DUI ARREST
PACIFIC AVE
10-24-09
Victim conducted a vehicle stop and determined the driver was DUL. CHP responded and arrested the driver at 2:49 AM. Driver was transported to the county jail.

THEFT
ANDERSON HALL
10-24-09
Victim reported his backpack stolen from inside the building where he left it unattended. Officer responded and initiated a report.

NOISE COMPLAINT
DAVE BRUBECK
10-24-09
Officers responded to a noise complaint. Officers reported subject was advised and the party is breaking up.

THEFT
TRECE COVELL
10-24-09
Officers responded to a report of blood in the hallway area and learned of an intoxicated female in the 3rd floor room. Officers contacted the female who had injured her foot and refused medical. A friend arrived to care for her.

A Sensational Message for Fire Prevention
Josh Chipponenti
Pacifican Staff Writer

On Sunday, Oct. 25, the Stockton Fire Department (SFD) played an intramural Pacific men's basketball team in the main gym, with tip-off taking place at 11:15 a.m. The name of the game was Fire Prevention Basketball Sensation.

The game was played with two 20-minute halves. Both teams were competitive, but as firefighter Robert Kessler mentioned, "The Pacific team is playing guys twice their age." At halftime the score was Pacific 30, SFD 21. With 7 minutes to go in the second half, the game was tied at 40. But then the Pacific team stepped up, took the lead, and never let up. Final Score: Pacific 55, SFD 46. To quote Kessler once more, "We really appreciate Sigma Chi for their participation in this event," —then, with a smile— "all four of them."

This event was in respect of October Fire Awareness Month, and was meant to help foster connectivity with the community and the Stockton Fire Department. Firefighter Ryan Peters, a participant in the game, listed the reasons for why the department was involved in the basketball game.

"We are here to raise awareness for fire prevention, and we're raising money for our Benevolent Fund," Peters said.

The Benevolent Fund is the charity operated by the Stockton Fire Department as a means to help a number of organizations in the Stockton community. This fundraising event had an attendance of 35 spectators, who, at halftime when the fire helmet was passed around the audience, contributed a total of $160.50.

As compelling as this event was, a more interesting facet of this story is how the event came to be. Christina Tharp, the student-led leader of Pacific's Public Relations Student Society of America (PRSSA), is responsible for this charity event coming to fruition. Being a communications major, she took initiative to demonstrate experiential learning by utilizing available resources and create this event.

This event began as an idea in professor Hackley’s communication class this past spring.

“As a group some of us in class wondered how to make an event with free publicity, and working with the Fire Department seemed to be a good way to go,” said Tharp. “After going out to some of the stations, we developed the idea of having a basketball game with firefighters and Pacific students. The Chieftains weren’t too excited about the idea, but the firefighters were, so that is where we started.”

In efforts to make this charity game happen for free, the communication department helped out tremendously in the form of printing flyers, as well as through Pacific Rec Sports the Sigma Chi intramural team stepped up to play. In respect to how to make events like this happen in the future Tharp said, "To make this happen for free, you just need to ask the people who can help you. If you don't ask they don't know.”

“I really have to thank Bryan Lenz for stepping in and involving Pacific Rec Sports in this event," Tharp said. “Because of him, we (PRSSA and Stockton Fire Department) were able to use the main gym, and have referees as well as the other things needed to make this game work, like the scoreboard. Without him this [charity event] would never have happened. So I owe a big thank you to Bryan Lenz.”

The event turned out to be extremely successful, and it couldn't have happened without the Stockton Fire Fighters Captain Greg Vitz introduced the team; and Ryan Peters, Ernie Jackson, Robert Kessler, Craig Young, Justin Wilson, Darren Drown, and Captain Matt Ulrich all showed up to play on their team. The event was a good reminder for the community that October is Fire Prevention awareness month.

The tickets for this event will maintain an atmosphere of professionalism. All dress activities in it will stress this professional setting. Appropriate behavior and business attire for will be expected of students.

OCTOBER 29, 2009

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Life Imitates Art: Stockton Gang Violence Shocking

Kohe Armah
Pacifcan Staff Writer

The daily reality of many in Stockton may be the source of surprise and disbelief for others. Stockton, a city so diverse and rich in California's history, is combating the major problem of gang violence head on. In recent years, many Southeast Asians have migrated to the area as refugees of genocide, dictatorships and poverty.

On Saturday, Oct. 24, more than 250 people from Pacific and the surrounding communities came together in the DeRosa University Center Ballroom to discuss and combat the problem of gang violence on Stockton streets. The event, titled "The Real Gran Torino Story: Stockton's Secret War on the Streets," highlighted and targeted Stockton's gang violence problem.

California State Senator Leland Yee and University of the Pacific co-sponsored the event.

The three-hour event began with an introduction from Sophomore Minchau Dinh. Dinh went on to introduce Mr. Seng Fong Vang, who is also the first Chinese-American to be elected to the State Senate and the "first Asian American elected to the Legislature's upper house in forty years."

Yee, who does not represent Stockton's district but feels there is a "consistent voice for the needs of the Asian-American community," and his "responsibility as a state worker to work for all citizens [of California]." Yee went on to say that he "looks at [University of the Pacific] as a meeting place for discussion." He continued by making it clear that the issues of the Asian-American community are forgotten, and that these types of problems need to be "identified... and fixed directly."

Dinh introduced the evening's keynote speaker, Bee Vang, a 17 year old, actor most famous for his role in the 2009 movie "Gran Torino," which also stars Clint Eastwood.

"Gran Torino" accurately captures issues within the Southeast Asian community involving youth gang violence.

Vang stressed the affects of gangs on "youth, family and community as a whole..." Vang described the problem of gang violence explicitly even though he's "not an expert on gangs."

Vang spoke about activities distracting him from the gang life and as a result "never wanted to join a gang." According to Vang, within the Hmong community youth use "rap, hip hop and dance as an outlet," but these outlets are often looked down upon and are associated with gang members. The absence of such outlets can lead to the gang life.

The story of the Hmong isn't widely known, the discussion panelists provided a first-hand account and tale of the widely hidden lives of Hmong people. To make the audience aware of the scope of gang violence in Stockton it was made clear that there are over 85 gangs in Stockton of which 27 are Asian, meaning Asian gangs make up for 35% of all gangs, the highest majority.

Vang "tried working with the Police Department," but he said that they didn't show up because of the fear of gang retaliation. Kun Prak, a single mother shared her experiences with a single mother raising children in the Oak Park neighborhood of Stockton. Her son, Chantra Prak, was assaulted and her family and do what was necessary to "take care of their son."

Former Gang Member, Sunday Sam, was raised in Stockton and talked about his involvement in a gang and how he "could see the cycle of violence was not right."

Sunday Sam said that these types of problems would change and forces them back into the position of being gang members. Sam felt that hurdles do not need to be in place, and "if you give gang members a chance to change, they will." 2009 Pacific Graduate, Chanda Chiu, grew up in the Kennedy area of Stockton. She said she was faced with the "dilemma of trying to protect her family and do what was right."

Prak, who does not speak English fluently, shared his "slight bias and discrimination from the reporting officer." The room became cold with sadness as he broke out into tears saying she was "not there" for her family but the community, and "this isn't about being black, white or Asian, it's about being human." The moderator went on to introduce Heather Dunn, director of Pacific's website, "While many people believe that programming can and should support and empower victims and allies, we all recognize that education and awareness programs can and should not act alone."

"Drunk Sex, or Date Rape?" will be the central issue to Sokolow's keynote speech to the public from 7:00 to 8:30 p.m. As described by Pacific's website, "While many people believe that programming can and should support and empower victims and allies, we all recognize that educational programs don't actually stop rapists from raping. Yet, we can and should empower audience members to recognize, understand, and talk about experiences of sexual misconduct, to create a world in which sexual violence is not tolerated, and that sexual victimization and harassment are not acceptable."

Judicial Affairs. This session will run from 4:00 p.m. to 5:00 p.m.

"Doubt" will be shown once more at the Pacific Theatre from 9:30 p.m. to 11:30 p.m., and the night will cap off with a "Semi-Erotic, Somewhat Exotic Townhouse Bash" at the Pacific Townhouse Apartment, beginning at 9:30 p.m. The event will feature non-alcoholic beverages, dancing, and safe fun for all Pacific Students.

Keep It Consensual could not be possible without the sponsorship of the University of the Pacific Division of Student Life and Gender Studies Department, Delta College, San Joaquin Women's Center, and Stockton Police Department.
Letterman Brou-ha-ha is No Laughing Matter

Ann Mazzaferro
Pacifican Staff Writer

Something’s got me really bugged over the David Letterman sex scandal. For those of you who may have blissfully missed the media onslaught, the late-night talk show host was blackmailed by Joe Halderman, an employee of the CBS news show “48 Hours.” It seems that Halderman’s former girlfriend was one Stephanie Birkitt, who happened to be a former staffer on the “Late Show.” Letterman and Birkitt were lovers during the early 2000s, and Halderman planned to use letters, diary entries, and other miscellany as leverage to extort two million dollars from Letterman.

Halderman was caught after a sting with a fake check and a whole lotta ‘spalining to do. That same evening, Letterman opened his show with a serio-comic monologue on the topic, stating that he had slept with female employees (his plural, not mine), and that the whole sorta situation was “creepy stuff.” Later that week, Letterman apologized to his wife and long-time companion, Regina Lasko, as well as to the staff of the show for involving them in a media nightmare.

Though viewers seem to have forgiven Letterman (his numbers have spiked ever since the admission), the media refuses to let the story die. There have been rumors and the sort of other women with whom Letterman may have had a liaison, and the internet has been jumping with whispers of a sex tape involving Letterman. Clearly, this is a story that has legs and will continue to run for awhile.

All of this has me thinking: why am I so upset by this scandal? At first glance, it seems pretty tame as far as celebrity scandals go. All parties were of consenting age (Birkitt was in her late twenties when the affair is supposed to have begun), no one wound up dead, nor found strung out on drugs or alcohol, which seem to be hallmarks of the scandals that usually acquire this much media attention.

Now, it could be that my unease comes from the fact that infidelity is involved – I have a pretty scrupulous definition of what a faithful relationship entails, and to have betrayed one’s long-time love for a staffer is not only cliché, but terribly hurtful and wounded. However, it is entirely possible that Lasko and Letterman have some sort of understanding that permits this sort of behavior. Commitments can often be open, and if so, that is the business of the couple involved, not the rest of the free world.

It wasn’t until this weekend that I truly discovered exactly what has me so irked about this Letterman embroglio. I was reading “Nothin’ but Good Times Ahead” by the inimitable and sorely-missed Molly Ivins, a great political columnist from Texas who tragically passed away in 2007. I came across the column she wrote while covering the Anita Hill / Clarence Thomas scandal in 1991 (I’m not going into details here; you’re in college, hopefully you know what this is), and she brilliantly summed up the crux of the entire problem rather neatly:

“There is a difference between a man who comes on to a woman who is in a position to tell him to go soak his head, if she so chooses, and a man who hits on women who are economically or psychologically vulnerable. A boss who hits on employees, a professor who hits on his students, a doctor who hits on his patients – that is an abuse of power, it’s not sex or flirting. And Anita Hill knew perfectly well that Clarence Thomas was in a position to hurt or even ruin her career,” sayeth Ivins.

And that is exactly what my issue is with the Letterman affair. By singling out employees for sex, Letterman targeted women who were economically and/or psychologically vulnerable, then exploited those vulnerabilities for his own gain. They were in a subordinate position, depending on him for their paychecks and health benefits. Do you really think there wasn’t a moment in their minds where they worried about what would happen if they had refused him? These were young women with careers ahead of them – what would you do if someone threatened to derail it?

Had Halderman remained quiet, it is highly likely that infidelity would never have seen the light of day, and all parties involved would have trudged onward, perhaps paying little thought to any past impecadiloes. However, Halderman did attempt to blackmail Letterman, and here we are having the same discussion that they were having nearly twenty years ago about the problem of sexual relationships in the workplace. Maybe Letterman’s numbers are up, but my respect for him has gone way down.

Now Vs. Then:

Fast Food

Kelly Asmus
Pacifican Staff Writer

Fast food, one of the epidemics of America? Well, it is scientifically proven that fast food is bad for you, but it’s bad reputation hasn’t always been there.

For those of you who may have blissfully missed the media onslaught, the late-night talk show host was blackmailed by Joe Halderman, an employee of the CBS news show “48 Hours.” It seems that Halderman’s former girlfriend was one Stephanie Birkitt, who happened to be a former staffer on the “Late Show.” Letterman and Birkitt were lovers during the early 2000s, and Halderman planned to use letters, diary entries, and other miscellany as leverage to extort two million dollars from Letterman.

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Fast food, one of the epidemics of America? Well, it is scientifically proven that fast food is bad for you, but it’s bad reputation hasn’t always been there.

Most people in our generation don’t remember back when fast food was a nice meal out for the whole family to enjoy. Fast food was an affordable way for the family to go out and eat together in the mid 1950s. Back then many people didn’t know of the health concerns of the fast foods they were eating, much less even cared.

These days everyone is very health conscience, and fast food is on the top of their list of "don’ts". This phobia of fast food is very understandable; many tests have proven the harmful effects of this type of food. This information is why fast food has gotten its bad reputation in the people's eyes.

What fast food restaurants are trying to do now to bring people back to their establishments is incorporating healthy choices like salads and chicken burgers instead of beef into their menus.
Today!

Campus Conversations About Sex, Alcohol, and Choice
THURSDAY, OCTOBER 29, 2009
11:30 a.m. – 11:00 p.m. | DeRosa University Center Ballroom

Featuring national expert Brett. A. Sokolow of the National Center for Higher Education Risk Management, and many special guests

11:30 am TABLEING AT THE DEROSA UNIVERSITY CENTER
Displays by campus and community groups

12 noon OPENING PANEL: SEXUAL ASSAULT AND CONSENT
Don't be a threat or a victim. Find out what consent is and how to get it.

1:30 pm POSING THE QUESTION
A skit written by Pacific students
Two students struggle to negotiate consent while in the heat of passion.

2:30 pm RAPE LAW AND COLLEGES: CHOICES AND CONSEQUENCES OF STUDENT BEHAVIOR
Learn how the law defines rape, consent, and force.

3:30 pm MY OWNERSHIP OF COMMUNITY: PREVENTION TO EMPOWERMENT TO BYSTANDER INTERVENTION TO VICTIM RESOURCES AND PROCESS
A "train the trainers" workshop for RAs, SAs, Ambassadors, PSAAC, Greek Leaders, and Peer Health Educators.
Registration required to Janetta Newsom, ext. 62365

3:30 pm FILM: DOUBT
Pacific Theater
Oscar-nominated film about a nun who confronts a priest after suspecting him of abusing a student. Stars Meryl Streep, Philip Seymour Hoffman, Amy Adams and Viola Davis.

4:00 pm PANEL: BEST PRACTICES FOR RESPONDING TO CAMPUS SEXUAL VIOLENCE
Workshop for Pacific Faculty, Staff, and Administrators

7:00 pm DRUNK SEX OR DATE RAPE?
Brett. A. Sokolow
A lively audience-participation event where you'll learn about what leads to sexual assault and how you can prevent it.

8:30 pm TAKE BACK THE NIGHT
March from DeRosa University Center to Townhouses
Sponsored by the Pacific Women's Resource Center

9:00 pm SEMI-EROTIC SOMewhat EXOTIC TOWNHOUSE BASH
University Townhouses
Carnival games, informational booths, and Halloween-related activities—plus it's alcohol-free and educational.

9:30 pm FILM: DOUBT
Pacific Theater

www.Pacific.edu/consent
Kobé Armah
Pacifican Staff Writer

To some, he is Gandhi, King, and Clooney all in one; to others, he is the anti-Christ that will usher in the downfall of America.

All opinions and jokes aside, Barack H. Obama is the 44th President of the United States of America. Obama has served just over 280 days in office since being inaugurated on January 20th. On his 262nd day in office, the Norwegian Nobel Committee announced that it would honor Obama with the 2009 Nobel Peace Prize.

According to CNN, on Oct. 9, Obama joined the exclusive group of Nobel Prize laureates; among the group of past winners are Presidents Theodore Roosevelt and Mikhail Gorbachev, Civil Rights leader Dr. Martin Luther King, Jr., Humanitarian Mother Teresa, the 14th Dalai Lama and Activist Nelson Mandela. The Nobel Prize committee chose to honor Obama "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples." After the announcement, the media and the public tore into pieces choosing sides. One thing was for sure - America was not united.

Besides being the first African-American president, Barack Obama has accomplished a respectable and measurable amount of feats. The last nine months have been far from perfect, but in the Post-Bush era, President Obama has done his best to live up to his role and fulfill his duties. Obama's adequacy as the American president can be marked by his recognition that this is a pivotal point in American and World histories alike.

Obama has effectively handled the Iraq and Afghanistan wars, economic turmoil and foreign policy, while making progress. If Obama had not handled these delicate situations properly, the world would be on the brink of World War III.

The Nobel Prize Committee was particularly pleased by "Obama's vision of and work for a world without nuclear weapons." The committee went on to state that Obama has "created a new climate in international politics where...

"multilateral diplomacy...dialogue and negotiations are preferred as instruments for resolving...difficult international conflicts."

Obama graciously accepted the award and said he does "not view it as a recognition of [his] own accomplishments, but rather as an affirmation of American leadership on behalf of aspirations held by people in all nations." In the most humble of terms, Obama also said he did not "deserve to be in the company of so many of the transformative figures...but recognizes that the prize "reflects the kind of world that those men and women and all Americans want to build, a world that gives life to the promise of our founding documents."

Americans are missing the point of the Nobel Peace Prize. It has created divisiveness rather than unity.

A recent Gallup Poll showed how divided America is over Obama's Prize. The division was most present between the most divided parts of society, whites and African-Americans. A shocking 73% of whites polled said Obama did not deserve the prize and did not agree the committee's decision. On the other hand, 76% of African-Americans polled stand by the position of the Norwegian Nobel Prize committee.

Whether you love or hate the guy, you should acknowledge that Obama recognized that the whole world is watching America, and like any good leader, he was able to act calmly and swiftly." In his action, Obama acknowledged the brash reality that the world was waiting for America to trip and fall even worse than we did in these past eight years, and moved towards a plan of action. As a result of his good actions and proper handling of the situation, he won a prize given to only the most humble and noble - the Nobel Peace Prize.

Given that this is the same Nobel Prize committee that most recently recognized Former UN. Secretary General Kofi Annan; Former U.S. President Jimmy Carter; Environmental Activist Wangari Maathai; and Former U.S. Vice President and Activist Al Gore, we should respect their decision to make good judgments about leaders, America, as a whole, should celebrate on the principle that "united we stand, divided we fall." America needs selfless solidarity, not selfish divisiveness. It's sad that America could not rise to the occasion and celebrate together. It's sad that America, for just a brief moment, could not be humble and noble but instead, let party lines define it. We should be honored that our President did such a great job in his first nine months that he was honored with the most prestigious prize of peace known to man.

America, we certainly did miss the point...
Band Coming to Pacific:

Via Coma

Consistency is also apparent throughout the album. Although the band experiments with different genres in each song, catchy melodies are a part of every track. Harmonies are a constant factor in all five songs on the album, and serve to enhance each portion of the melody and all of the instrumentation. Every song on “Bridges” is also flooded with poetic lyrics through and through like these words from their first track, Turn: “Can you taste the air blossoming? Illuminate the earth with all the shades of radiant color.”

To check out Via Coma before their show here at Pacific, the “Bridges” EP is available at amazon.com and on iTunes for $4.95 or listen to them at myspace.com/viacoma.

Shari Reed a junior Business major also focusing on arts and entertainment management said “their unique sound and personality on and off stage makes them a band to look out for. They have what it takes to make it big in the indie scene.”

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Cassie Peters
Pacifican Staff Writer

Via Coma is a band of “five entertaining guys whose love for music is expressed through their tunes,” said Shannon Moore a Pacific junior majoring in Business with a concentration in arts and entertainment management. The band hails from LaFayette, California and their debut EP “Bridges” came out this last summer in June of 2009. They will perform at Pacific on Nov. 10 in The Lair along with the band Snap Motion.

Via Coma consists of five band members including Rob Marshall playing strings and singing lead vocals, Jesse Kyle on keys and vocals, Nic Gracia playing strings, Cam Attaran as the “basso continuo,” as the band’s myspace calls him, and Maxx Sherman on percussion. The band translates Via Coma to mean “through endless sleep” and according to lead singer Marshall, the band name came to him during a time that he had been “experiencing an intense lack of sleep.” To Marshall the name is a “social commentary on the state of which we all live in; a state of endless sleep.”

The music is described as rock, experimental, and ambient. The style of the music is definitely all of these with changes in the drum patterns in every song. Songs on the album flow well from one to the other with the guitars, piano, and percussion driving each song forward.

Via Coma is the second name for this band; they changed it from Bridges to Via Coma in September of 2008 after realizing the popularity of the name Bridges all over myspace. The music is definitely all of these with changes in the drum patterns in every song. Songs on the album flow well from one to the other with the guitars, piano, and percussion driving each song forward.

LIFESTYLES

Jessica Kawilarang
Pacifican Staff Writer

I don't think anyone is a fan of waking up for class freezing and just wishing to spend another hour snuggled in bed. My first instinct is to say, "Screw trying to dress cute today—sweats, shoes, and a comfy hoodie sounds awesome...well, jeans won't hurt." And honestly, some days just call for this, so embrace it on these days. However, if you're like me, when you see a girl like Ashley Choi, photographed, master warmth, chic, and with-a-personal-touch in a seemingly effortless manner, you might rethink the notion that cold weather suffocates cute style.

Details, details, details! This is essential in classic styling. Both personal and tasteful, without being too overwhelming, I love it when people style themselves in accordance to a specific piece—whether it be a piece of jewelry, shoes, or any accessory. Plus, styling an outfit around fine points never interferes with the cold. Adoring Ashley's purple bowed knit sweater, I asked her if that was why she bought the matching purple bow in her hair. Her response with a giggle: "No, actually I bought the sweater because it matched this bow I already had! I love it."

Not only do I love the detailing, but also how she is able to wear a black mini skirt in chillier weather. Topped with high black boots, her attire could have looked more revealing and inappropriate for the weather, but her black opaque tights simply finish off her outfit, transforming it into something more classy yet stylish. An all black bottom set consisting of a mini skirt, tights, and shoes can never go wrong. I just love this entire outfit. Even her loosely tie up hair in a bun went along well with her elegantly chic ensemble for the day. So I guess we can all take a few pointers for the cold weather we are about to face: dresses and skirts are still possible, opaque tights are great, and details can turn around an ordinary outfit.
October is Student Affairs Month

As my senior year here at Pacific was winding down, I had decided to explore my options...looking for jobs, or maybe going to graduate school. I didn’t know what to expect as going to graduate school was a new option for me. I began to look into some programs, and then I called Joanna Royce-Davis, the Dean of Students, as she oversees the Student Affairs Master’s program. The more I talked to her, the more I became intrigued. After enrolling in the program, I initially kept second guessing my decision. Having recently completed a Sport Management degree at Pacific, I was new to the lot of the theory and didn’t know how everything I was learning was going to help me. With the help of the Student Affairs staff, and my cohort, I slowly, but surely, began to get a good grasp of everything, and now I feel like my choice has been validated as I have been exposed to great people that I know have nothing but the best interests of the students in mind. They have helped me and continue to help me as I prepare to transition to my career, where I want to foster and support the success of student athletes and first generation students. The Student Life staff here at Pacific is great. I encourage you to reach out and meet them, talk to them, and see what they are all about!

- Julian Toro Solis
Graduate Assistant for Tickets and Marketing
Intercollegiate Athletics

More Positions:
- Director of Student Affairs
- Director of Multicultural Affairs
- Director of Judicial Affairs

I started working at Pacific right after graduating from my undergraduate institution. When I started working at Pacific, I had an idea of what I wanted to do in the future, but was still narrowing down my options and was unsure of what type of population I wanted to work with (i.e., high school versus college students). Edie Sparks suggested I look into the Master of Arts in Educational Administration with an emphasis in Student Affairs program since my interest was working with students. After meeting with Joanna Royce-Davis, I knew that the program was right for me! Being in this program has helped me confirm that in the future I would like to do academic advising in a college setting. In fact, as part of my field work, I was presented with the opportunity to participate in a pilot program on campus to give hands on experience in an advising setting, which was a strong Student Life division! I’ve developed close friendships with the other students in my cohort and have enjoyed learning more about the areas that they’re interested in. My professors have also encouraged me to think outside of the box more and to explore new opportunities. If you enjoy working with students, I encourage you to search for the posters and buttons around campus to learn more about Careers in Student Affairs!

- Sarah Davis
Office of the Registrar

Halloween: A Trick or Treat?
Rocio Garcia
Guest Writer

How many football fields are you willing to walk this Halloween? Before you indulge in excessive amounts of candy this holiday, keep in mind that these small treats can be quite tricky. Eating one M&M candy will require you to walk the full-length of a football field once in order to burn off the calories. If you finish an entire packet of M&Ms, you will need to walk 53 football fields, and if you decide to have a Snickers bar instead, you will need to walk 54!

While excess sugar can be detrimental to our health, adequate amounts of sugar and starches are necessary for our body to have the energy it needs to perform daily activities. Our body produces a hormone named insulin, which allows the body to use the sugar and starches we eat. If our body does not make insulin, as is seen in individuals with Type 1 diabetes, excess sugar will be in the blood. Similarly, people who cannot properly use insulin, as is seen in individuals with Type II diabetes, will also have higher than normal amounts of sugar in their blood. The cause of diabetes is still unknown, but factors such as obesity may be related. Diabetes is a disease that requires medication as well as lifestyle changes to manage. There is no cure for diabetes, and left untreated, diabetes can lead to heart failure, kidney failure, and blindness, among other things.

Operation Diabetes is a committee within the Academy of Student Pharmacists (APhA-ASP) from the Thomas J. Long School of Pharmacy and Health Sciences, whose main objective is to promote diabetes awareness. The main avenue through which Operation Diabetes is able to achieve this is through providing free finger-prick blood glucose tests to individuals at health fairs. These blood glucose tests are performed by first and second year pharmacy students under the supervision of a licensed pharmacist. Operation Diabetes has participated in numerous health fairs, among them is the Asparagus Festival in Stockton, in which pharmacy students performed blood glucose tests on over 200 individuals this past spring. Operation Diabetes not only works with the adults in the community, but also with the youth. Last month, Operation Diabetes visited the Girls and Boys Club in Stockton to give a presentation about diabetes and the importance of healthy eating habits in preventing diabetes.

Help Operation Diabetes celebrate November, which is American Diabetes Month, by being proactive about your health year-round, not only during Halloween. Spread diabetes awareness on November 14, officially marked as “World Diabetes Day.” Take advantage of upcoming events organized by Pacific’s APhA-ASP Chapter in which Operation Diabetes will be participating, such as one that will be held at the pharmacy campus on Oct. 31 from 9 a.m. to 12 p.m. Free health screenings, including not only blood glucose, but blood pressure, cholesterol, and bone density screenings will be available!

Movie Review:
Capitalism: A Love Story
Courtney Wood
Pacifican Staff Writer

Capitalism: A Love Story, an emotionally charged documentary, denounces the greed which runs rampant among American businesses and calls on the average person to battle against the injustices of the economic system.

Michael Moore’s newest documentary satirically examines several issues plaguing the American economic system. The film meanders from story to story of various Americans, some who suffer economic hardships and others who fully harvest the benefits of ruthless business practices. Moore provides intermittent narration throughout, and concludes that the current system in America is broken; he suggests that only the common people have the power to fix it by changing laws and being aware of their rights.

A few of Moore’s findings provide insight into the shady practices of popular corporations in the American economic system. The film meanders from story to story of various Americans, some who suffer economic hardships and others who fully harvest the benefits of ruthless business practices. Moore provides intermittent narration throughout, and concludes that the current system in America is broken; he suggests that only the common people have the power to fix it by changing laws and being aware of their rights.

While Capitalism: A Love Story is informative and has good intentions, the film itself seems to wander from point to point in a scattered fashion. Moore succeeds in evoking anger at economic injustices, but the film is like it only scratches the surface of the nation’s economic faults.

At the end of the film, Moore calls the rest of America to organize and to stop saying “I refuse to live in a country like this; and I’m not leaving.” Moore insists that Americans investigate and research, and become activists for change in the economic and legal systems. Capitalism: A Love Story is an interesting piece that alternately elicits emotion and advocates change.
Ask Your Student Government!
Is there anything about your Pacific experience that's really grinding your gears? Are you curious about what changes are in store for the year? Here's your opportunity to get any and all questions or concerns addressed. Write us with questions and we'll answer right here, for everyone to see. It can address anything you feel is important—whether that's how you can get more funding for your club or why we don't have beer at basketball games. Give us a shout at asuopgov@gmail.com!!

Bowling for a Cure
Annmarie Obligation
Guest Writer

On Sunday October 18, over 90 students from Pacific's campus came together and created bowling teams in order to support Panhellenic's philanthropic event. The College Panhellenic Council supports Susan G. Komen Foundation.

The Susan G. Komen Foundation supports the education and research for finding a cure to breast cancer.

The College Panhellenic Council rose over $300 dollars to donate to the foundation. This was more than was raised last year. On the day of the event, teams played 2 rounds of bowling and enjoyed cookies and lemonade donated by each of the sorority houses.

It was a day of fun times with fellow students while supporting a great cause. The College Panhellenic Council would like to thank everyone that came out to support!

Let's Play a Love Game
Part 6: Double Standards
Roxi Rimmington & Candi Camelot
Pacifican Columnists

We all know the double standards—girls shouldn’t go out late at night, the girl version of pimp is a slut, men are whipped and women are clingy...

But it’s a new era. Double standards have changed, and it seems that we have evolved with them.

Girls used to wait for a boy to make an advance, but this theory is no longer. What ever happened to those days when girls would not have to worry about venturing into the cold, dark dating world, and would instead wait for boys to ask them out? It seems as though these days, girls are as involved in the chase as guys are. It isn’t that bad of an idea, and it’s socially accepted, but girls still have to watch out for being “too forward.” Sometimes it seems as though there is no middle ground.

A hundred measly calories
We’ve all seen the ‘100 Calorie’ packs; they seem to come in all of our favorite snack foods: O’reos, wheat thins, Hershey’s, etc. But what impact does 100 calories really have?

If you consumed 100 calories less each day, you would lose 10 pounds over the course of a year. Looking for easy ways to slash calories without missing them? Try these helpful tips:

• Choose ‘light’ salad dressing instead of the full-fat version
• Have mustard instead of mayo on a sandwich
• Have a fresh orange instead of juice in the morning
• Put skim milk in your coffee instead of cream.
• Switch to sparkling water instead of soda.

If you burn a hundred extra calories a day:

• Go for a 15-minute walk before you head to school
• 25 minutes of vacuuming
• Ride your bike to work or school
• Dance! Just twenty minutes does the trick: put on your iPod and bust a move around your room
• Iron your clothes for 25 minutes

Want to learn more? Check out NutriCat on facebook or email nutricat@pacific.edu.

A&E
Don’t forget to vote for the Spring Concert Artists! You can find the link to the voting website on Facebook, so get on there and voice your opinion. It’s up to us who plays, and there’s tons of amazing acts to choose from! You can vote for your top two favorites, and the Residence Hall with the most votes wins a pizza party! Also, you’ll be automatically entered in a raffle for a free ticket AND a meet & greet before the concert! It doesn’t get more awesome (or easy) than that, so you have no excuses!

Don’t forget....
Karaoke Wednesday Nights at the Lair at 8pm.
Brubeck Institute at the Lair on Thursday 11/5 at 8pm.

Sunday November 1:
Pacific Feminists will be going door-to-door in the dorms to collect gently worn women’s clothes, canned goods, unopened cleaning products or toiletries and really anything you’re willing to donate to the Women’s Center of San Joaquin County...and we’ll trade you with candy. Help us trick-or-treat for a cause!

Join Feminist Club for Pacifics’ Take Back the Night
October 29, 2009
8:30 p.m. at the UC
Reclaiming the safety of the night, by marching together against crimes of sexual harassment and violence
Leland Named VP of External Relations

Ann Mazzaferro
Pacifican Staff Writer

Pacific athletes gained a new advocate this week in Ted Leland, the newly-appointed Vice-President of External Relations.

The position entails many responsibilities similar to those of his previous position with the university as Vice-President of Advancement. Leland will still be working with community outreach, alumni relations, and fundraising; however, this new position will also allow him to interact with Pacific’s collegiate athletes, helping to develop opportunities for their success.

“I can work with the university to make sure athletes have what they need to succeed,” said Leland in an interview with the Pacifican.

Leland, who has served as Vice-President of Advancement since 2006, assumed the newly-created position at the request of President Pamela Eibeck.

“This change allows Pacific to take advantage of Ted’s unique skills as a highly respected leader in college sports, which can be an important point of contact for universities with their communities,” said Eibeck in a press release.

This will not be Leland’s first experience in working with sports at Pacific. An alum of Pacific, Leland received both his bachelor’s and master’s degrees in Physical Education in 1970 and 1972, respectively. Leland played football during his time at Pacific, then served as a coach before becoming Pacific’s Director of Athletics from 1989-1991, a position held currently by Lynn King.

Leland received his Doctorate in Sports Psychology from Stanford, and served as their Director of Athletics for fourteen years before returning to Pacific. In 2008, Leland was named a National Association of Collegiate Director of Athletics award recipient for his forty years of service in intercollegiate sports.

Leland faces some substantial tasks, including stoking the fires of “Tiger Spirit” on campus.

“Students who aren’t athletes and the community really want vibrant school spirit,” said Leland. “We’re a small private school – to build excitement in the student body, you must build excitement for the team. I want to see teams and coaches and athletes build consistent success.”

Support for athletes and coaches is an important task for Leland, as is direct student involvement - he encourages students to email him with their thoughts and opinions about how he can better educate him as to what student athletes and community members need.

However, there will be a very important boss keeping an eye on Leland’s involvement and enthusiasm.

“I need to get re-involved with the sports community as well - but not too much,” Leland said with a chuckle. “My boss wants me to make sure I have a personality outside of sports.”

Sports This Weekend

FRIDAY
Women’s Volleyball vs. UC Riverside
7 p.m.
Men’s Basketball vs. CSU Monterey Bay
5:00 p.m.

SATURDAY
Field Hockey vs. UC Davis
1:00 p.m.

Swimming vs. CSU Bakersfield
1:30 p.m.
Kjeldsen Pool

Swimming vs. Seattle University
6:30 p.m.
Kjeldsen Pool

SUNDAY
Women’s Soccer vs. Santa Barbara
12:00 p.m.

Men’s Basketball vs. Stagg Stadium
12:00 p.m.

Men’s Water Polo vs. UC Irvine
12:00 p.m.
Kjeldsen Pool

Men’s Water Polo vs. West Valley JC
2:00 p.m.
Kjeldsen Pool

ASuop Sustainability Commissioner is looking for energetic, motivated students who are interested in organizing and planning for a garden on campus. If you are interested contact Martha B. Valadez at mvaladez1988@gmail.com

Athletic Training Tip of the Week

The topic of heat illness has received a great deal of attention following the tragic experiences of athletes in hot climates. Heat illness can happen to anyone in a hot environment and is an issue that athletes especially need to be aware of.

Athletes increase their risk of heat illness as they become dehydrated. A recent study indicated that most athletes show up to practice or competition already clinically dehydrated. Clinical dehydration is defined as a person losing 2% of their body water.

There are many reasons for this. Athletes tend to not drink enough water before and the day of competition. There is also a large trend of consuming diuretics (Red Bull, coffee, etc.) prior to competition for the caffeine. Waiting too late to drink when one is thirsty is too late. Athletes must pre-hydrate starting the day before and the day of competition to ensure proper hydration.

According to the National Athletic Trainers’ Association, it is not uncommon for Leland and his staff to reach dehydration levels significant enough to place athletes at risk of developing exertional heat illness as little as one hour of exercise. Many of the risk factors for heat illness can be eliminated to help prevent heat injury to the athlete.

10 Tips to “Beat the Heat”

1. Recognize the early warning signs of dehydration. An easy way is to...
2. Allow time for acclimation. Usually a few days is enough.
3. Drink plenty of fluids starting the day before.
4. Have fluids within arm’s reach.
5. Don’t wait until you are thirsty.
6. Don’t try to replace all your lost fluids during activity. Replace after the activity is completed.
7. Flavor sports drinks over water. Research demonstrates that the carbohydrate in sports drinks fuels muscle and sodium encourages voluntary drinking and promotes hydration.
8. Use cool towels or ice over your head, back of neck, axilla during hot days to help evaporate of sweat which helps cool the body.
9. Choose smart times to exercise. Exercise in the morning or evening without direct sun contact.
**Brazilian Hits the Hardwood**

**Athlete Profile: Everson Lacerda**

Natalie Compton  
Pacifican Staff Writer

Two years ago, Everson Lacerda was 4,000 miles away from his hometown of Belo Horizonte, Brazil, feasting on homemade meals and enjoying the company of his family. Today he is here at Pacific and is a promising new addition to the men’s basketball team. Lacerda’s knack for basketball and his 6’11” frame first attracted Kansas’ Hutchinson Community College. He left Brazil at the age of 20 and moved to the Midwest.

“I came for the opportunity to go to school and play basketball,” Lacerda said. “I had to leave my whole family and classmates.”

When Lacerda isn’t working on making Pacific better than Hutchinson, he finds solace in his passion for commerce. He is currently an International Business major.

“Pacific has more of a college setting,” Lacerda said. “You can interact more with your teachers and classmates.”

Even though Lacerda is getting used to this new setting, he still misses a crucial part of Brazilian life: good food.

“I used to have all kinds of food, oh my gosh! Rice and beans and meat and salad together,” Lacerda said. “Now I have McDonalds and Burger King for lunch and dinner. It’s not like home.”

Lacerda said, “I just want to open my own business.”

**Tiger X Class:**

**Get to the Core**

Natalie Compton  
Pacifican Staff Writer

Turn unwanted flab into rock solid abs with the Baun Fitness Center’s Get To The Core Tiger X class!

This workout is only a half hour and focuses on toning the middle of the body by incorporating plyometrics, yoga and strength training.

The class is taught by Derrick, a friendly, but focused, instructor who comes ready to get his students working.

Get to The Core begins with a warm up of marching and other exercises. Since the class is so short, the warm up is brief and Derrick almost immediately gets into the meat and potatoes of the class.

People who take the class will be pleased with the variety of moves they are instructed to do. It keeps students entertained as well as working hard.

Some of these exercises include side planks, medicine ball sit ups, lunges and cross leg sit ups.

Overall, this class is great for those who are pressed for time and are looking for a stomach strengthening work out. Check it out Wednesdays at 8:30 p.m. in the Rubber Room at the Baun Fitness Center.

**Muhl Named West Defensive Player of the Week**

Athletic Media Relations

While etching her name a little deeper in the record books, senior Lisa Muhl (Harleysville, Pa.) of the Pacific field hockey team received recognition from the NorPac Conference this week. The captain earned west defensive player of the week honors after grabbing four defensive saves in three contests to improve her career total to 19.

Muhl now sits comfortably in the Pacific record books as the all-time defensive saves leader. While facing top 20 teams Louisville and Indiana along with Penn State over the weekend, Muhl doubled her previous season total in defensive saves and currently leads the league in the stat.

Pacific will look to the senior to continue her play as they close out their regular season at home against NorPac rival UC Davis. This will be the Tigers Senior Day and Think Pink Game. Game time is set for 1 p.m. on Brookside field.

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**Tiger X Schedule for Week of Oct 22 - Oct 28**

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<tr>
<th>Date</th>
<th>10/29</th>
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<th>11/2</th>
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<tr>
<td>Cycle Fit:</td>
<td>7-7:45 a.m.</td>
<td>Pilates:</td>
<td>Cardio Dance:</td>
<td>Cycle Fit:</td>
<td>Lunch Time Yoga:</td>
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<td>Rubber Room</td>
<td>7-7:45 a.m.</td>
<td>Wood Room</td>
<td>4-5 p.m.</td>
<td>7-7:45 a.m.</td>
<td>12:15-1 p.m.</td>
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<td>Lunch Time Yoga:</td>
<td>Boot Camp:</td>
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<td>Lunch Time Yoga:</td>
<td>Zumba:</td>
<td>Yoga:</td>
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<td>12-1 p.m.</td>
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<tr>
<td>Cardio Dance:</td>
<td>Hip Hop:</td>
<td>Self Defense:</td>
<td>Cycle Fit:</td>
<td>Turbo Kick:</td>
<td>Cycle:</td>
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<td>Cycle:</td>
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<td>Cycle Kick:</td>
<td>Cardio Kick:</td>
<td>Body Sculpt</td>
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<td>6-7 p.m.</td>
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Now Accepting Pacific Cash!!!

$5 Pitchers are back!!

Open 7 days/week
Lunch - Late Dinners
Early Open on Game Days
Restaurant/Pub
Microbrewery Tours Available
Banquet Room - No Charge for UOP events
Faculty and students

157 W. Adams St.
Stockton
464-2739

<table>
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<tr>
<th>MONDAY</th>
<th>MONDAY NIGHT FOOTBALL</th>
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<td>$5.00 PITCHERS OF AMERICAN PALE ALE DURING THE GAME</td>
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<tr>
<td>TUESDAY</td>
<td>UOP NIGHT CHEESEBURGER &amp; FRENCH FRIES $7.99</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>INTERNATIONAL FOOD - ALL DAY</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>MEXICAN FOOD - ALL DAY</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>FISH SPECIALS - ALL DAY</td>
</tr>
<tr>
<td>SATURDAY &amp; SUNDAY</td>
<td>NOON TILL 5:00 $5.00 PITCHERS OF AMERICAN PALE ALE</td>
</tr>
</tbody>
</table>