12-3-2009

The Pacifican December 3, 2009

University of the Pacific

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Eibeck Introduces First Major Initiative of Her Tenure

Josh Chipponeri Contributing Writer

Under the archway outside Faye Spanos Concert Hall, President Pamela A. Eibeck introduced her signature initiative titled, "Beyond Our Gates...Into The Community." Taking ownership of her office in a new way, Eibeck characterized her actions by a "Carefully crafted series of presidential forums designed to focus on issues of mutual concern to Pacific and the Stockton/San Joaquin community we share."

As Pacific's first female president, Eibeck has been engaged in a "listening campaign" within the campus community. With "Beyond Our Gates," the scope for that campaign has markedly increased. Taking ownership of her office in a new way, Eibeck introduces this forum series to recognition of expanding her attention to a greater area than the campus community itself. Government "officials, business and humanities leaders of the area will be a part of President Eibeck's forum series outreach, as stakes of her listening campaign increase. Designed to bring community leaders of the greater Stockton area together on a series of topical issues, the forums will be organized for her office by the Jacoby Center for Public Service and Civic Leadership. The forums will compose of every Pacific component and most every major element of leadership in the Stockton/San Joaquin area.

Designed to be balanced, and authoritative of the community area, a range of individuals and organizations will be a part of this multi-faceted dialogue with Pacific's president. These forums are introduced to begin to build a blueprint for future action for her administration. After the forums, a steering committee will compile the information gleaned and write a report. It is envisioned that a joint summit will be convened at an appropriate date following these initial forums, as to unveil that blueprint for action.

By bringing it beyond Pacific's gates, President Eibeck will take on a direct approach in engaging Pacific with the community it shares. In her words today, she applauded the history of Pacific's involvement in the Stockton/San Joaquin area, since this university had settled here in 1924. She made mention that this initiative is building upon the framework already in place recognizing the relationship of Pacific to its community. With a clear confidence, Eibeck was clear to articulate that the forum series has been approved and is supported by the Board of Trustees.

See INITIATIVE, page 2
Many Holidays Celebrated This Season

Christiana Oatman
Pacifican Staff Writer

Every December, millions of Americans eagerly wait for and celebrate Christmas, an originally Christian holiday celebrating the birth of Jesus that has transformed into a highly anticipated religious and secular holiday. However, there are many other winter holidays that tend to be slighted and ignored, such as Hanukkah, Kwanzaa, and Yule.

Perhaps the least ignored winter holiday is the Jewish celebration of Hanukkah, which lasts eight days and nights. It starts on the 25th day of the month of Kislev on the Jewish calendar. This year, Hanukkah will start on December 11. It is a rather minor holiday for the Jews, but has garnered attention because of its close proximity to Christmas. The story of Hanukkah comes from the book of Maccabees. After fighting for three years, the Jews finally won their right to worship and study their religion in Judea. To celebrate their victory, they lit a candle in the temple, but there was only enough oil for the candle to burn for a day. Miraculously, the candle burned for eight days. During the seven days, Jews celebrate by, lighting the menorah and eating special foods, such as latkes, which are often cooked in oil to remember the oil burned at the temple. Many Jewish families also play the dreidel game. The toy was used to study the Torah in secret when the Jewish religion was forbidden. The Hebrew letters— nun, gimel, hay and shin—on dreidels used outside of Israel translate to "a great miracle happened there." Another winter holiday, Kwanzaa, is part of African-American culture and heritage. The name comes from a Swahili phrase meaning "first fruits of the harvest" because the holiday originates from traditional African harvest festivals. Kwanzaa focuses on seven principles— umoja (unity), kujichagulia (self-determination), ujamaa (collective work and cooperative economics), ujima (cooperative economics), uzo (a sense of purpose), kujwanghwa (creativity) and imani (faith)—and seven signs—kikombe cha umoja (the unity cup), kinara white. See HOLIDAYS, page 3

UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT
November 22 - 28, 2009

For updated information, please join Public Safety on Facebook and Twitter at http://www.pacific.edu/ksf6.xml

SUSPICIOUS INCIDENT
ALPHA PHI
11-22-09
Officers responded to a report of a man down on the lawn. Officer provided the subject with an escort to his residence.

SUSPICIOUS INCIDENT
OWEN HALL
11-22-09
Officers responded to a report of a broken window. Officer was unable to determine the cause of the damage. Report filed.

ROBBERY
BROOKSIDE RD
11-22-09
Officers responded to a report from SPD of two victims of a robbery at gunpoint. Officer located the victims who reported at approximately 9:15 PM, three males with handguns robbed them of cell phones, wallets and IDs. The victims were walking westbound along Brookside from Pacific. The suspects were walking parallel to them along the levee. As the distance between the sidewalk and levee narrowed, the suspects ran off the levee, displaying handguns. Suspects fled towards Pacific Ave.

AIRED STOCKTON PD
PERSHING & BROOKSIDE
11-23-09
Officer assisted SPD with a vehicle racing on Pershing from Brookside. Officers attempted to stop the vehicle on March and Pershing.

THEFT
JOHN BALLANTYNE
11-23-09
Staff reported a white board stolen from one of the doors in the building. Staff also reported multiple other white boards taken. Staff did not want to file a report. Staff requested documentation only.

THEFT
ROSEMERE & PERSHING
11-23-09
Officers reported activated surveillance from the Walmart Parking lot at above location. Stockton PD was notified and the vehicle was stopped. Officer reported two in custody strong arm robbery.

NARCOTICS
SPANOS CENTER
11-24-09
Officer conducted a checkpoint on two male subjects. One subject was arrested at 4:21 PM for possession of marijuana.

THEFT
JOHN BALLANTYNE
11-24-09
Officer contacted a student after her mother reported she was the victim of theft. Officer initiated a report. This is related to above report from John Ballantyne.

THEFT
WPC
11-25-09
Officers responded to a report of a broken window. Officer initiated a report.

VANDALISM
WOODBRIDGE
11-25-09
Staff reported graffiti on an emergency phone. Officer initiated a report.

THEFT
WPC
11-25-09
Staff responded to a report of a loud party call involving the President's Office. Officers during my tenure, will be providing positive leadership in creating innovative, robust partnerships between Pacific and the leaders of our neighboring communities. As universities all across America are demonstrating, such a commitment to community relations is a vital, essential enterprise in today's highly complex, richly diverse society. Since taking office, Eibeck has demonstrated the values of community engagement as one of her top priorities. Through numerous University-wide meetings, writing in a guest column for The Pacifican, the leaders featured the following speakers: Stockton Mayor Ann Johnson, and San Joaquin County Board of Supervisors Chairman, Leroy Ornellas, as well as Pacific's Vice President for External Relations Ted Leland. This announcement event is one introducing a new direction for our President's administration and one which shows that she has decided to go beyond Pacific's gates.

INITIATIVE, continued from front page

of Regents, the Council of Deans, the President's Cabinet, and the recently recognized Presidential Advisory Council. Further details of "Beyond Our Gates... Into the Community" will be announced as they are finalized. Regarding the value apportioned to the forum series Eibeck said, "Clearly, as one of the top priorities of the President's Office, during my tenure, will be providing positive leadership in creating innovative, robust partnerships between Pacific and the leaders of our neighboring communities. As universities all across America are demonstrating, such a commitment to community relations is a vital, essential enterprise in today's highly complex, richly diverse society. Since taking office, Eibeck has demonstrated the values of community engagement as one of her top priorities. Through numerous University-wide meetings, writing in a guest column for The Pacifican, the leaders featured the following speakers: Stockton Mayor Ann Johnson, and San Joaquin County Board of Supervisors Chairman, Leroy Ornellas, as well as Pacific's Vice President for External Relations Ted Leland. This announcement event is one introducing a new direction for our President's administration and one which shows that she has decided to go beyond Pacific's gates.

G.I.V.E. Competition

We highly encourage members of the organizations to log their hours on Reach Out Online at www.pacific.edu/reachout in order to earn credit and rewards for their endeavors! If you are interested in being part of the Groups Competition please contact Stephanie Labasan at cci@pacific.edu or 209-946-2444. Below you will find the top 5 organizations within the competition at this moment and the hours of community service they have completed. Good luck to all and don't forget to log those hours!

Reach Out Groups Competition Rankings

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<tr>
<th>Organization</th>
<th>Hours Logged (as of Nov. 30)</th>
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<tr>
<td>Circle K</td>
<td>57.5</td>
</tr>
<tr>
<td>Omega Delta Phi</td>
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</tbody>
</table>

See HOLIDAYS, page 3
DECEMBER 3, 2009
TOWN HALL, continued from front page

policies are mandated either by county, state or federal law and must be followed. Other portions of the rules must be 

assessed in order for the school to remain eligible for certain funding and insurance coverage. There are, however, 
some rules in Pacific’s policies that were created internally and can be changed (see table).

When it comes to changing current alcohol policies Dunn said in a later interview, “[Pacific] is caught at a difficult place. We want to educate students. We want them to have fun will within the parameters... it becomes a delicate balance to allow students the freedom of choice.”

She noted Pacific’s alcohol policies have not changed since she took over Judicial Affairs. Pacific has not seen an increase in alcohol related issues at off-campus student functions. The panel did say they would look into re-evaluating the alcohol policies, but made no promises.

Other topics brought up at the town hall meeting included pricing issues for Pacific venues, the registration process for booking an event, and hired security at registered events. A few students felt the pricing for facilities around Pacific’s campus were out of the price range for many fraternities, sororities, clubs and individuals.

Senior Justin Belfa, a history major and President of Theta Chi Fraternity, said his biggest concern is with the convoluted event registration system. He says two offices, ASuop and Greek Life, jointly register events. Greek events must register through the Greek Life office while other non-Greek events run through ASuop.

He feels that Greek houses go under harder scrutiny before their events are approved, complicating the system for them, while non Greek events get the stamp of approval almost immediately. “It’s really ridiculous, the hoops you go through [to get a Greek event registered],” he said.

Some students had a problem with security hired for their event. They said they were not doing their security duties and failed to do their job. Mike Belcher, Director of Public Safety, said concerns and complaints like the ones brought up by the students cannot be resolved if no one contacts his office to let them know how their security team is doing. The feedback they receive helps them to streamline their force and remove or re- train any people that may not be fulfilling their duties as security.

The panel concluded the night saying they will take all the concerns and ideas brought up by the students and use them to possibly reshape Pacific’s policies. Some students are not convinced.

Michael Conner, a graduate Pharmacy student, thinks Pacific is not close to solving what he feels is the “big problem.” “[Pacific] is not making any progress in on campus social events,” he said. “Because of the strictness of [Pacific’s] policies, students are forced to go to off campus events.”

Conner also brought up a policy that many Pacific students do not know exists: the Nexus Policy. The policy states that Pacific students, regardless of their whereabouts, have to follow Pacific’s rules. He feels the policy is against students’ rights. He feels that a school should not be able to impose their regulations outside their gates and turn an off-campus event into an on-campus function.

HOLIDAYS, continued from page 2

winter holidays. Kwanzaa is extremely new; this year will be the 44th Kwanzaa.

Yule, a Pagan holiday, celebrates the changing of the seasons with the Winter Solstice on December 21, often called the longest night of the year. The darkness and cold is mythologized as the Sun God becoming reborn into the Mother Goddess who goes into her slumber. Yule is celebrated with a ritual and the burning of the Yule log.
Where's my money going?

Ally Mengarelli
Perspectives Editor

It happens every single time I go to the library.
The first time it happened, I thought it was a personal problem, a stroke of bad luck or something. Then, it happened a second time, then, again for a third and fourth time. In fact, every time I have rented out a laptop this semester (at the UOP library), I have been given a bunk computer.

That's right—never have I ever gone to the library, rented out a laptop, and had it actually function properly. I have to go in one right now and I remain disappointed because even though this is my second one tonight (I had to take it back to the front desk to exchange it for a new one on my first attempt because it wouldn't log into the STK domain), I still managed to get one that has a shifty keyboard (the indent tab sporadically changes its positioning every few sentences, making typing a difficult task).

But, at least this time I didn't have to go and wait in line for the Information Commons (IC) student to fix it.

This is the part that bothers me the most. I am taking 18 units and I work two jobs. Unfortunately, I am also a firm believer in procrastination so whenever I have to go to the library, I am usually in a hurry. With such a busy schedule, timing is essential; basically, if I have a chunk of time to be at the library, usually those chunks are limited. I shouldn't have to anticipate getting a bunk laptop. I shouldn't have to expect to wait an extra twenty minutes, the duration of which I'll anticipate waiting in line for the one and only IC student on staff to fix the computer I rented.

In fact, I am thinking it's fairly reasonable that I, a student, should not have to walk my happy butt over to the IC desk because I am not getting paid to be here. The nice ladies behind the front desk, however, are paid to be there so they should take the laptop. They never do though.

Unfortunately, this is not the case, as this is precisely the thing that keeps happening every time I rent a laptop from the library. You'd think that since we go to a private university and therefore pay a larger tuition, that some of that money would be allocated towards having sustainable library services—or towards more preventative measures regarding student's safety.

This leads to another university concern. Just a few weeks ago, a senior and good friend of mine was riding her bike across the bridge and onto the levee on Pacific Avenue, on the opposite side of Brookside Street. She had just entered the levee entrance when her bike tire was grabbed and she was accosted by a homeless man wielding a knife. She was almost robbed, but she courageously hopped up and onto her bike, yanking the tire from his grasp and rode away, managing to escape.

Although the incident was reported and brought to SAsup for consideration, many people know little information regarding the attack or how often this type of thing happens. I personally know three separate Pacific students that have been accosted in that same place—the part of the levee with no visible precautions or preventative measures—all within the last two years.

Why, then, do we not have an emergency box there if this is such a repeated occurrence?

This leads to the issue of problem-management, which I believe Pacific has done a particularly poor job of. Simply sending out an email describing attacks, arrests, and murders isn't proper problem management. It is an ineffective and passive manner of informing the public; the emails are done so with little compassion or consideration, given the last email that was sent out (relaying the news of Mario's death by gunshot) had to be recent and corrected due to errors. Shortly before this, a student was arrested in McConchie Hall for a firearm possession. When this is brought up among close friends, I am always shocked to hear they are unidentified, given it was only sent by email.

It is understandable that Pacific takes such measures to uphold their solid reputation as a safe and protective school, but doing a poor job of circulating information only exacerbates the problem. Why aren't more preventative measures being taken? Heaven knows we pay an arm and leg (aided foot and toe) to attend this place. And it is in one of the most dangerous places in California. Why aren't there programs or workshops offered to increase safety practices and spread awareness? Perhaps if the university was less interested in a sweeping information beneath the carpet (as was seen in the Pacific rape case that occurred last year) and more interested in the well-being and safety of its students, then there might be such a big problem. Or perhaps finances need to be better allocated.

I personally am proud to be a student at Pacific. I am not saying it is unimportant to consider the public image of the university. I just think that there are better ways of doing so, though. After all, wouldn't our reputation be so much better if instead of hiding such issues, we confronted them and took more proactive measures against them? Like when a rape occurs, perhaps the school can provide workshops of self-defense and information women can use if faced in uncomfortable situations (like walking home alone at night). There could be meetings held that address the issues and provide phone numbers for taxi services or other transportation alternatives. We need to address these issues head on and proactively seek out ways to raise awareness, thereby decreasing the likelihood that crime can occur.
Pacific students get a free drink with any purchase of an entree with student ID.

We accept PacificCash!

Yogurt My Way
1924 Pacific Ave • 466-3683

Self Serve Frozen Yogurt • Endless Toppings

Bulk Candy

$1 OFF

Good for any purchase of $4 or more. One coupon per person, per day. One cup per coupon.

111 Lincoln Center • 474-3100

It's the hottest watch in Italy...
Available at Yogurt My Way! Price $23.95
$19.95 for Pacific Students!

CRYPTOQUIP

Each letter in this quote has been replaced by a different letter. To solve the puzzle, substitute letters given the clue below.

CIL QWUR GUM ANOPHTLI GIH ZOTHU NCV ANLTLTU GIH URTGVZLTOLU RGURL.

Today's cryptoquip clue is: I equals N

Answer on page 7

People America

An original children's musical, written and directed by Stockton residents Rob and Ria Kroff, based on a reality television show where eight contestants of different ethnic and cultural backgrounds come together to compete for a chance to represent the melting pot of America in an upcoming worldwide TV special.

Dec. 4, 5:80 p.m. & Dec. 6 2:00 p.m.

General Admission $12.00
Students and Faculty with ID $10.00
Seniors $8.00
Children (12 and under) $3.00

Buy tickets at Long Theatre Box Office

Dear Students,

ASuop has a senate position open, one for the Eberhardt School of Business.

If you are interested in applying, please pick up an application by the front desk of the DeRosa University Center. If you have any questions, or if you would like more information, please call me at (209) 552-9593 or email at r_moreno1@pacific.edu.

Thanks,
Ruben Moreno
Senator-at-Large
VINCE.
Wool and cashmere blend sweater paired with black cotton leggings

available exclusively at
FINA
240 Lincoln Center

Kick off your holiday shopping at Lincoln Center and you could win 1 of 12 exciting prizes such as:

HIT THE SLOPES!
2 Lift Tickets to Bear Valley. $300 gift certificate to Sundance Sports.

A LINCOLN CENTER SHOPPING SPREE!
Christmas gifts, something for yourself, the possibilities are endless with a $250 Lincoln Center Gift Card.

TASTE OF LINCOLN CENTER
$50 gift certificate to each of the following: Bud's Seafood Grille, Papapavio's Bistro & Bar, Santiago's Cocina Mexicana, Sho Mi, Stockton Joe's and Whirlo's Tossed & Grilled.

A 2009 Euro-style gas powered scooter with trunk, tax and license included — and a $100 Gas Card:

• AND 7 MORE FABULOUS PRIZES!

HOW TO ENTER: Every time you spend $25 or more at a participating merchant, you will earn one entry into the Lincoln Center’s 12 Days of Giveaways. Start earning entries as early as Sunday, November 15, 2009. Last chance to earn entries is December 19, 2009. Entry form must be completely filled out and deposited in the entry box located on the Brick Walk beneath the Christmas tree.

LIVE Holiday Music
Every Thursday, Friday, Saturday and Sunday.

FOR COMPLETE DETAILS: VISIT WWW.LINCOLNCENTERSHOPS.COM
Contact your Dean’s Office to find out about funding opportunities

Supporting Hands-on Learning
www.Pacific.edu/PacificFund

2009-10 Pacific Fund Grants Now Available
Travel Awards
Project Grants
Research Funding

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

Answers to puzzles on page 5 and 9
Acoustic Fun Time Friendship Show Part Deux—"More Pure"

Josh Chipponeri
Contributing Writer

Something distinctive about Pacific is that students dictate their own involvement in learning. The opportunities are available, opportunities for leadership, taking initiative, and engaging in educational learning outnumber the individuals who take on those opportunities. The Acoustic Fun Time Friendship Show is a true demonstration of what distinguishes Pacific from other places of learning.

Some say that necessity is the mother of invention; the Acoustic Fun Time Friendship Show is an example of invention by necessity. Sincerely described by Junior Music Management Major Dan Fanghlander, "There are so many students here at Pacific who play and enjoy acoustic music and want that experience. But there just aren’t venues for such shows."

Out of a need for a venue, a group of Pacific Students improvised and staged a show outside the fire pit at the steps outside the DeRosa University Center (DUC), at 3 p.m., on Saturday, Nov. 21. With a line-up of artists including: Village On Yarn, Dan Goldsmith, Caleb Moon, Dan Faughnder, Jon Maurer, Andrew Byars n’ Friends, Hunter/Andy, and Eland Frates.

Moon, a Junior Music Education Major, isn’t a stranger to the stage or shy from performing. He has been performing since age 6. When asked his reason to visit the stage in the Acoustic Fun Time Friendship Show, Caleb answered a question with a question. "What better audience is there, than one like this that comes because they want to?" Frates, a Music Therapy major, came out to participate in the Acoustic Fun Time Friendship Show to gain experience. Recently, he finished writing some new songs, and wanted to share them with the Fun Time audience. His song, "Park Ranger," sent ripples of laughter through the audience. When asked to consider how his songs were relevant to his Music Therapy major, Frates said, "The music makes people laugh, and laughing is therapeutic."

The Engineering students of Hunter/Andy, Hunter/Steers (Civil) and Andrew Byars n’ Friends, Hunter/Andy, and Eland Frates.

Fanghlander, a Junior Music Education Major, isn’t a stranger to the stage or shy from performing. He has been performing since age 6. When asked his reason to visit the stage in the Acoustic Fun Time Friendship Show, Caleb answered a question with a question. "What better audience is there, than one like this that comes because they want to?" Frates, a Music Therapy major, came out to participate in the Acoustic Fun Time Friendship Show to gain experience. Recently, he finished writing some new songs, and wanted to share them with the Fun Time audience. His song, "Park Ranger," sent ripples of laughter through the audience. When asked to consider how his songs were relevant to his Music Therapy major, Frates said, "The music makes people laugh, and laughing is therapeutic."

On Nov. 19, the Stockton Symphony performed a vast array of music. With selections ranging from classical to contemporary, no listening demographic was left unsatisfied. Beginning with contemporary Austrian composer Johann Strauss II’s "The Blue Danube," the symphony presented an invigourating and exciting performance, before delving into the lush, Mozart flute and harp concerto. Following Strauss, Jennifer Olson and harpist Motoshi Kosako provided a fascinating piece of romantic charm.

Does Vitamin C prevent colds?
In the middle of flu and cold season, inquiries are usually directed towards Vitamin C, and other supplements effective. Brands such as Emergen-C and Vitamin Water have let consumers believe that a high dose intake of Vitamin C will keep the sniffles away. Vitamin C has been studied for many years as a possible treatment for colds, but it is very little proof that Vitamin C has any effect on the common cold.

Vitamin C, a powerful antioxidant, is found naturally in vegetables and fruits like broccoli, oranges, and potatoes. The most recent study of Vitamin C evaluated more than 11,000 subjects taking 100mg of vitamin C supplementation each day. The conclusion of the supplement did NOT have any effect on the length or severity of colds. Your best bet on keeping illness at bay? Exercise, a healthy diet, and proper hygiene. Washing your hands on a consistent basis will do more for your immune system than a glass of OJ.

Want more? Friend NutriCat on Facebook or email nutricat@pacific.edu.
**Movie Review: My Sister’s Keeper**

**Courtney Wood**  
Pacifican Staff Writer

My Sister’s Keeper is an emotional family drama that does its best to elicit tears at every possible opportunity. At the film’s opening, Anna Fitzgerald (Abigail Breslin) discloses to the audience that she was born for a very specific purpose. Anna reveals that her parents conceived her through in vitro fertilization with the intent that her DNA be used for spare parts. Anna’s mother (Cameron Diaz) becomes frustrated and devastated because she has devoted herself to preserving Kate’s life, and Anna’s refusal to donate a kidney brings Kate’s already inevitable death closer than ever before. The rest of the film unfolds with a twist, revealing the nature of a truly touching sisterly bond.

This film is definitely a tearjerker; it explores the difficulties of the terminally ill and the incredible impact that their illnesses can have on those who love them. The audience gets to see the many strains placed on the Fitzgerald family as a result of Kate’s leukemia. Anna’s mother quits her job to take care of Kate’s needs; Jesse, the troubled dyslexic older brother (Evan Ellingson), is often neglected; the father (Jason Patric) must act as the sole breadwinner whose salary pays the mounting medical bills; and Anna works primarily as a tool for perpetuating her sister’s existence.

The poignancy of the film is derived from the family dynamic that it explores. Although Kate’s taxing illness seems to disjoint the family fabric, it is the family’s shared love, compassion, and sympathy for Kate that keeps them bonded together.

The acting in My Sister’s Keeper is well-done and heartfelt; Vassilieva, who plays Kate, especially yields a quality performance. Soft lighting and a tender soundtrack further contribute to the film’s sensitive feel and provide a pleasant background for the actors.

Unfortunately, this film is so emotionally involving that, at times, it seems as though its main goal is to make the audience relentlessly weepy. Almost every scene has tear-inducing potential, and by the end of the film a viewer may feel that they have cried enough tears to form a small pond. That’s an exaggeration; but, honestly, for those who plan to watch this film, have at least one tissue nearby.

The film feels a bit scattered during its middle portion, where there are a few lengthy flashback segments; however, everything comes back into focus by the film’s end.

My Sister’s Keeper explores family, sickness, death, and love in a touching manner. Even though its storyline meanders a bit, the work, as a whole, is quite effective. After watching this film, viewers will be reminded of all the reasons they have to be thankful for the loved ones in their lives.

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**Do It Yourself Holiday Gifts**

**Cassie Peters**  
Pacifican Staff Writer

Empty pockets and a low flow of cash this time of year is common for students at an expensive private university. Gift giving is a trademark of the winter holidays, and it can be difficult to purchase anything substantial for friends and family without any money. Making gifts can be a great way to save and do something special for loved ones. Rather than making the trip down to the old dollar store, try heading down to the local craft store to pick up some supplies. Here are some ideas that will be sure to make an impression.

1. Learn to crochet or knit! Knitting can be tough work with the steadying of the needles but crocheting is surprisingly quite simple. Even online directions can help, and the cost is low with only yarn and crochet hooks to purchase. Once practiced, crocheting can be done sitting in front of the TV or even the computer screen, brushing up on those readings for finals.

2. Make a fleece blanket. This is a really easy way to make a gift. It only costs a small amount to go to the local fabric store or Walmart and get some fleece in fun prints and colors. Place two identically sized pieces of fleece on top of each other and cut fringe around the edges by cutting short parallel lines from the outside. Then tie the two pieces together in knots on each strip and ta-da! It’s a blanket!

3. Decorate a picture frame. Take a walk (or quick drive) to the nearest dollar store for a frame and then decorate it with beads, paint, or mirrors from the craft store. Then put a favorite photograph inside and send it to a friend.

4. Make a calendar for the new year. Stalk a buddy’s Facebook profile, take some from your own collection, or get photographs from friends and print them out on glossy paper. Then print out monthly calendar pages (make sure they have the correct dates) and bind them together with some staples. For even better calendars tape the two 8.5x11 sheets together and have them photocopied at an office supply store onto 11x17 paper and staple down the centerfold.

5. Make personalized note cards. Go to the office supply store and pick up some white or colored cardstock. Cut each piece in half and then fold down the middle to make a small card. Print out the gift-recipient’s initials several times in different fonts and paste them onto the cards. Use printed scrapbook or origami paper to liven things up.

These easy ideas are sure to be appreciated by friends and family and will keep the costs of holiday giving down.

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**The Real Christmas Message**

**Suzanne Riedel, C.S.B., Guest Speaker**

An international speaker, a practitioner of Christian Science healing, and a member of the Christian Science Board of Lectureship

University of the Pacific, Grace Coveil Lounge  
3601 Pacific Ave, Stockton CA 95211

Thursday, December 10th, 7-8 p.m.

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**Games and Puzzles**

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

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<thead>
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<th>5</th>
<th>2</th>
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</tbody>
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Answer on page 7
**Previously Extracted Text**

**Sports Update**

Harshan Samra  
Pacifican Staff Writer

After a 5 week hiatus, The Har-Sean Sports Update is back! The only difference is that the writer, Harshan, is now officially a Pike. While on the subject of Pi Kappa Alpha, I would like to extend an offer of support to the Fraternity with our philanthropy event, Hit of Reality. Support can be given in any form ranging from simply visiting us in our boxes, providing us with food, or donating money towards the Second Harvest food bank.

**NFL**

After naming Ryan Fitzpatrick and Fred Jackson as the starting QB and RB respectively, Buffalo Bills Head Coach Perry Fewell seems to have his Bills headed in the right direction as even the seemingly washed out veteran, Terrell Owens seems to be regaining his mojo. With a nothing-to-lose mindset, the Bills may continue to pose serious problems to play-off bound teams such as the Patriots and Falcons as their 31-14 win over Miami this weekend damaged the Dolphins wild-card hopes.

Welcome back Mike McKenzie! After being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return from football, McKenzie and his Saints made his return after being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return after being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return after being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return after being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return after being cut by the Saints earlier this year and sitting out 10 weeks away from football, McKenzie and his Saints made his return.

**UFL**

With less than 50 percent of expected attendance to games, the infant league lost a surprising $30 million over a 13 game schedule. At such a rate, the UFL would lose more than $763 million in one season based on their run game against a Buccaneer defense which has allowed a league high 4.8 yards per attempt all season long. With QB Jake Delhomme suffering from a broken digit, look for the Panthers to place further emphasis on their run game against a Buccaneers defense which has allowed a league high 4.8 yards per attempt all season long.

**NBA**

In a response to address their offensive woes, the Philadelphia 76ers are quickly closing in on "The Answer." Head coach Eddie Jordan and two other highly ranked team officials met with Allen Iverson with the goal of having Iverson on the roster ready to play for next Mondays game against the Denver Nuggets. For Iverson, such a re-debut with the 76ers would be ideal as it would be against one of the many teams previously shun Iverson and also such a return would re-enforce his "Who needs practice?" doctrine.

**NCAA**

Following a disappointing 6-6 record and 5 other equally disappointing seasons, Notre Dame has finally pulled the plug on the Charlie Weis experiment. Weis has already been linked to several NFL teams such the Kansas City, Indianapolis, and Carolina for the offensive coordinator jobs soon to be available in each of the offensively struggling cities. Notre Dame on the other hand has already contacted Tony Dungy who has already politely declined the offer, calling his return to coaching a less than zero percent chance.

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**Tiger X Schedule for Week of Dec 3 - Dec 10**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/3</td>
<td>Cycle Fit:</td>
<td>7-7:45 a.m.</td>
<td>Rubber Room</td>
</tr>
<tr>
<td>Lunch Time Yoga:</td>
<td>12-1 p.m.</td>
<td>Wood Room</td>
<td></td>
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<tr>
<td>Cardio Dance:</td>
<td>5-6 p.m.</td>
<td>Wood Room</td>
<td></td>
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<tr>
<td>Cycle:</td>
<td>6-7 p.m.</td>
<td>Rubber Room</td>
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</tr>
<tr>
<td>Capoeira:</td>
<td>7-8 p.m.</td>
<td>Rubber Room</td>
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<tr>
<td>12/4</td>
<td>Pilates:</td>
<td>7-7:45 a.m.</td>
<td>Wood Room</td>
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<tr>
<td>Boot Camp:</td>
<td>1:30-2:30 p.m.</td>
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<tr>
<td>Pilates:</td>
<td>4:30-5:30 p.m.</td>
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<tr>
<td>12/7</td>
<td>Cardio Dance:</td>
<td>4-5 p.m.</td>
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<tr>
<td>Yoga:</td>
<td>5:30-6:45 p.m.</td>
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<tr>
<td>Self Defense:</td>
<td>7-8 p.m.</td>
<td>Wood Room</td>
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<tr>
<td>Cycle Fit:</td>
<td>7-8:00 p.m.</td>
<td>Rubber Room</td>
<td></td>
</tr>
<tr>
<td>Cardio Kick:</td>
<td>8-9 p.m.</td>
<td>Wood Room</td>
<td></td>
</tr>
<tr>
<td>12/8</td>
<td>Cycle Fit:</td>
<td>7-7:45 a.m.</td>
<td>Rubber Room</td>
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<tr>
<td>Fit &amp; Functional:</td>
<td>8-9 a.m.</td>
<td>Wood Room</td>
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<tr>
<td>Lunch Time Yoga:</td>
<td>12-1 p.m.</td>
<td>Wood Room</td>
<td></td>
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<tr>
<td>Yoga:</td>
<td>5:30-6:45 p.m.</td>
<td>Wood Room</td>
<td></td>
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<tr>
<td>Turbo Kick:</td>
<td>7-7:45 p.m.</td>
<td>Wood Room</td>
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<tr>
<td>Body Sculpt:</td>
<td>7:45 - 8:30 p.m.</td>
<td>Wood Room</td>
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<tr>
<td>12/9</td>
<td>Lunch Time Yoga:</td>
<td>12:15-1 p.m.</td>
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<tr>
<td>Zumba:</td>
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<tr>
<td>Yoga:</td>
<td>5:30-6:45 p.m.</td>
<td>Wood Room</td>
<td></td>
</tr>
<tr>
<td>Cycle:</td>
<td>7-8 p.m.</td>
<td>Rubber Room</td>
<td></td>
</tr>
<tr>
<td>Get to the Core:</td>
<td>8-8:30 p.m.</td>
<td>Rubber Room</td>
<td></td>
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</tbody>
</table>
Athletic Training
Tip of the Week

Lower Back Pain 101

Almost 85 percent of us will experience lower back pain at some point in our lives. It can occur as a result of obesity, poor physical condition, improper lifting, a poor sleeping position, or trauma, among other things.

There are two primary mechanisms for a low back strain including a sudden extension contraction on an unprepared and overloaded spine or a chronic strain usually associated with poor posture.

Symptoms may include muscle ache, shooting pain, limited range of motion or an inability to stand up straight. If you have strained your lower back it is essential that you rest and use ice throughout the day to help decrease muscle spasm in that area. Depending on the severity and intensity of the pain, you may also want to use an ACE wrap for compression. It is important that you slowly begin stretching and strengthening exercises. Your strengthening exercises should focus on spine extension whereas your stretching should include both spine flexion and extension. You can return to activity as soon as exercise no longer causes pain.

Tips for prevention:

• Strengthen your core (muscles that support your spine)
• Stretch and warm up gradually before exercise.
• Maintain good posture while sitting and standing.
• Don't lift objects that are too heavy for you. When you lift, make sure you lift with your knees, pull in your stomach muscles, and keep your head down and in line with your straight back. Be sure to keep the object close to your body and do not twist when lifting.
• Maintain proper nutrition and physical activity.

Compression therapy reduces the blood flow to the spine, causing the discs to degenerate.

For more information, contact Antonia, the President of the Pacific Student Athletic Training Club at a_stavranouadking@pacific.edu

Don't Miss Out!

The Stockton Showcase is here
Wednesday, Dec. 9. Men's Basketball takes on the Cal Golden Bears at the Stockton Arena. As of press time, the Tigers are 4-1 on the season. The Bears are currently ranked 25th in the nation and are 4-2.

Key players to watch out for:

TIGERS
#1 Michael Nunnally - 8.8 ppg* and 6.2 rpg**
#15 Terrell Smith - 12.4 ppg
#34 Sam Willard - 8.2 rpg

BEARS
#3 Jerome Randle - 20.5 ppg
#10 Jamal Boykin - 11.3 ppg and 6.2 rpg
#24 Theo Robertson - 18.0 ppg

* - points per game
** - rebounds per game

(As statistics are as of 12/1/09)

No. 9 UC Santa Barbara Defeats No. 12 Pacific in Final Day of MPSF Tournament

Athletic Media Relations

No. 9 UC Santa Barbara defeated No. 12 Pacific in the seventh place game in the third day of the MPSF Tournament, 80-79. The Gauchos opened the first quarter taking the 1-0 lead, but junior Austin Delong (Honston, Texas) responded, nothing the Tigers first goal of the game at 1:54. UC Santa Barbara scored back-to-back goals to take the 3-1 lead. Lance Morrison (Fairfield, Calif.) tallied his first goal of the contest to put Pacific within one. The Gauchos closed the first quarter scoring three consecutive goals to take the 6-2 lead.

Junior Joey Gullikson (Sonoma, Calif.) opened the second quarter notching a goal to cut the Gaucio lead in half, but UCSB gained a six point lead on three consecutive goals to make it a 9-3 game. Gullikson scored his second goal of the quarter with 3:47 left in the half to put Pacific within five. After the Gauchos took an 11-4 lead freshman Goran Tomasevic (Split, Croatia) scored his first goal of the day at the 2:14 spot to make it an 11-5 contest. With 1:59 left in the half UCSB expanded its lead to six but Tomasevic responded 37 second later with his second goal in the half. The Gauchos closed out the half taking the 13-6 lead with 0:27 left on the clock.

Pacific started the third quarter on a high note, with back-to-back goals from Tomasevic and Morrison. After UCSB took the 14-8 lead with 5:59 left on the clock, Morrison scored Pacific's last goal of the quarter at the 4:53 mark. The Gauchos closed the quarter scoring three additional goals.

The Tigers trailed 18-9 in the fourth quarter when senior Joes Rossi (Cotes, Calif.) scored his first goal of the tournament with 4:48 left in regulation to cut the Gaucio lead to eight. Down by nine, senior Linn Barratt (Porterville, Calif.) scored Pacific's final goal of the tournament with 1:32 left on the clock. UC Santa Barbara noted its last goal 49 second later for a 20-11 final score.

With the loss Pacific finished eight at the tournament and ended the season 13-18.

Tigers To Open National Search For New Women's Volleyball Coach

Athletic Media Relations

University of the Pacific Director of Athletics Lynn King has announced that a national search will be conducted to find a new Women's Volleyball Head Coach.

The Tigers finished 17-11, 6-9 in the Big West Conference in the 2009 season under interim head coach Dave Johnson.

"I thank Dave Johnson for all that he has done for Pacific women's volleyball and this athletics department," said King. "Pacific has a rich tradition in women's volleyball. We have the facilities, the conference and the resources to be competitive at a national level."

Sports This Weekend

Saturday
Men's Basketball v. Nevada
7pm
Spanos Center
**Now Accepting Pacific Cash!!!**

$5 Pitchers are back!

Open 7 days/week
Lunch - Late Dinners
Early Open on Game Days

<table>
<thead>
<tr>
<th>Day</th>
<th>Specials</th>
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<tbody>
<tr>
<td>Monday</td>
<td>MONDAY NIGHT FOOTBALL $5.00 PITCHERS OF PALE LAGER DURING THE GAME</td>
</tr>
<tr>
<td>Tuesday</td>
<td>UOP NIGHT CHEESEBURGER &amp; FRENCH FRIES $7.99</td>
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<tr>
<td>Wednesday</td>
<td>$5 MARTINI NIGHT</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</td>
<td>NOON TILL 5:00 $5.00 PITCHERS OF PALE LAGER</td>
</tr>
</tbody>
</table>

**Restaurant/Pub**
Microbrewery Tours Available
Banquet Room - No Charge for UOP events Faculty and students

**SUNDAY Football NFL Package**
157 W. Adams St.
Stockton
464-2739

157 W. Adams St.
Stockton
464-2739

**Microbrewery Tours Available**

**Banquet Room - No Charge for UOP events Faculty and students**

**MONDAY**
MONDAY NIGHT FOOTBALL
$5.00 PITCHERS OF PALE LAGER DURING THE GAME

**TUESDAY**
UOP NIGHT CHEESEBURGER & FRENCH FRIES $7.99

**WEDNESDAY**
$5 MARTINI NIGHT

**THURSDAY**
MEXICAN FOOD - ALL DAY

**FRIDAY**
FISH SPECIALS - ALL DAY

**SATURDAY & SUNDAY**
NOON TILL 5:00 $5.00 PITCHERS OF PALE LAGER

Bring home for the holidays!
IPA Luna Blanca Tavern 22oz $4.00

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**$5 OFF ANY PURCHASE OF $25 DOLLARS OR MORE**
for food only
VALID WITH PACIFIC ID
COUPON EXPIRES 12/31/09

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