Holiday Spirit Welcomed at Pacific

Blair Paula
Pacifican Staff Writer

On Sunday, December 6, the 14th annual Festival of Lights was held. This yearly event was a celebration of the holiday season. The event began at 6:30 p.m. in Morris chapel. There, a variety of speakers talked to the attendees that filled the building, with musical pieces interspersed throughout. First, there was the prelude medley by Mary Jo Pugh. Following this Pacific President Pamela Eibeck and her husband, William Jeffery, gave a welcoming talk.

Following the welcoming, Multifaith Chaplain Reverend Dr. Donna McNiel held an invocation. Short speeches regarding the holiday were held later, with the Pacific Singers performing several times.

Much of the talk centered around religion, spirituality, and the holiday season. McNiel remarked that the Festival of Lights was based upon the Feast of St. Nicholas, a celebration from the Christian Calendar. She spoke shortly of St. Nicholas, upon whom Santa Claus is based, and

See HOLIDAYS, page 3

President's Initiative Gets a Running Start

Andrew Mitchell
Pacifican News Editor

On a foggy, chilly morning last Thursday, President Pamela Eibeck, University of the Pacific's first woman president, announced plans for her first official presidential initiative.

"Beyond Our Gates, Into the Community" picks up on a very different theme than the initiatives of Eibeck's predecessor, Donald DeRosa. While addressing a crowd of approximately 200 faculty, students, and community members, Eibeck shared her goal of integrating Pacific with the City of Stockton.

"The fates of Pacific and Stockton are inextricably linked," she said. "We live here in this community. We care deeply about its future."

Pacific plans to partner with a wide spectrum of community leaders and hold a series of five forums addressing important issues to Stockton and San Joaquin County. These forums, scheduled to occur throughout the Spring 2010 semester, will be held around the city in venues to be announced shortly beforehand. The forums will address the following issues:

- Healthcare
- The economy
- The environment
- Education
- The arts

"Beyond Our Gates and Into the Community is an initiative that allows me to listen to the community," Eibeck said. "We aim to gather a broad array of viewpoints and form an agenda that will benefit the community.

The five planned forums next semester will be taking place in the Stockton community in venues to be announced shortly beforehand. The forums will address the following issues: healthcare, the economy, the environment, education, and the arts. The Stockton area has been suffering through the recession with those issues.

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Relations. Leland mentioned a prevalent joke among Stockton residents who say that Pacific is Brookside with a curriculum. "We must emphasize partnerships," Leland added.

Among the region's leaders who attended the announcement were Stockton Mayor Ann Johnston, president of Stockton Unified School District Daniel Castillo, Editor of the Stockton Record Mike Klocke, and the Director of Public Health for San Joaquin County William Mitchell.

Johnston, representing the city, spoke with high hopes for Stockton's future. "I truly think this is a historic day," she said. "The Pacific leadership has been there from the get-go. President Eibeck's arrival is frosting on the cake."

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A Campus Plan

Envisioning Pacific in the Future

Vivian Lee
Pacifican Lifestyles Editor

According to the 2005 Stockton Campus Plan, Pacific was to have built 750 new beds, three new Greek houses, a University Center, and a Calaveras bridge joining the North campus to the main campus, and a multitude of new and updated structures and facilities by 2014.

The new structures of the University Center, the Biology building, the Technology Center for the School of Engineering, the Stalite low-carbon concrete laboratory, and the new Janssen-Lagorio Multi-Purpose Gym have already been crossed off the list—or are close to being crossed off.

According to Scott Heaton, Director of Support Services, developments for the Burcham and Baxter walkways, signage, Klein Family Baseball Field, and parking management have already accomplished a majority of the proposed design.

Baxter Walkway, which connects the north to the south of the main campus, has been established with the addition of the brick walkway towards the Classroom Building, and the Burcham West-to-East walkway is still currently being established.

The Klein Family Baseball Field was finished early in 2006, and plans of concession stands and bathrooms are currently in development.

Since a large amount of parking spaces were cut by the development of the University Center, Public Safety and Support Services reorganized and reconnected the existing parking space. The redrawn parking lines ended up bringing in an actual "net increase" in spaces, said Heaton.

For many of the other planned structures on the list, Pacific has either decided to recognize our role of stewardship in this region.

"It's an obligation for the University to be a partner in this community, even if it is a private school," he said. "I also think the time is right. We had to spend 15 years to get this organization where it is now. We're very strong. And now it's time to reach out to our neighbors."

"We envision engaging every component of Pacific in this effort," Eibeck said.

As Pacific prepares to assume a more prominent role in the Stockton community, officials on both sides eagerly await the possibilities and progress that can be made. Through this initiative, Pacific and Stockton stand to benefit, according to local leaders.

"Only good things will come out of this," Johnston said.

The dates for the community forums are as follows. Exact times and locations have yet to be determined.

January 13 Healthcare
February 10 The Economy
March 3 Energy and the Environment
April 28 Education
May 19 Arts and Culture
Pacific Alumni Mentor Network Coming Soon

Nathan Wenger
Guest Writer

College life can be tough. Keeping up with classes, work, and social responsibilities can be overwhelming. Before you know it, you have your degree and are struggling to navigate the big world of work, and get a foot in the door to begin a career. Luckily there are people around the world who have been through it all and have become successful at what they do. They are the Pacific alumni, and they are here to help you.

Next semester, Pacific’s Alumni Mentor Network will provide all of Pacific undergraduate students with opportunities to build relationships with former students who can help them find what they are passionate about, and take steps toward realizing their dreams. Students will be able to search a database and select potential mentors based on areas of interest, expertise, current position/career, degrees obtained and other criteria. The system will notify the alum of the request, who will then contact the student with a more in-depth introduction and summary of opportunities and availability.

From there, students can introduce themselves and share their hopes for the relationship, as well as get answers to any questions and concerns they might have about their classes, major, possible career paths, etc. Mentors will act as a sounding board for the student’s ideas, sharing feedback, guidance, and advice. Once the relationship has been established, the student can keep in touch with their new mentor as needed by email, Skype or phone, as well as face-to-face at University events.

A number of alumni have already signed on to participate as mentors next semester, including a podiatrist, a financial advisor, a television producer, the president of a music recording and publishing company, the principal of a private K-8 school, and an Emmy-winning musician, composer and producer, to name a few. They are all professionals in their fields who have signed on to offer students everything from informational interviews to career internships.

Students will be able to search the Alumni Mentor database through a new Professional Networking module that will be available on TigerJobs next semester. The first face-to-face networking event will be an Alumni Tailgate BBQ on Feb. 22, before Pacific’s ESPN Bracketbusters basketball game.

The goal of the program is to provide students with resources to develop professional relationships with people who have a personal investment in their success. Students may also benefit from increased self-confidence and self-awareness, as well as exposure to job and career opportunities they may not have otherwise realized.

“The advantage of using alumni is that they have a wide scope of experience and a cutting edge knowledge of work and career opportunities in their field,” said Dr. Griego, Vice President for Student Life. “When you graduate from the University, the whole world is open to you, and you have to figure out how to engage it and where to find your place. Alumni will be very helpful to guide students in the direction to get where they want to be.”

Joanna Royce-Davis, Dean of Student Life at Pacific, credits her mentors for investing in her to get to where she is today. She is engaged in multiple formal and informal mentoring relationships with individuals with whom she has a shared experience.

“This is the Pacific education fully realized: This is what ‘student centered’ really means. That sense of having a person who is really invested in where you are and where you want to go,” said Royce-Davis.

To keep up to date with the Alumni Mentor Network, visit the Alumni Association website at www.pacificalumni.org, join the Facebook group by searching for Pacific Alumni Mentor Network, or contact Deb Crane at dcrane@pacific.edu. Students can start signing up at the beginning of next semester although mentors will be available on a first-come, first-served basis.

HOLIDAYS, continued from front page

his message of generosity of concern for others. She then explained that such celebrations as the Feast of St. Nicholas are common amongst a variety of religions, hence the Festival of Lights’ multi-faith nature.

After the services within the chapel were complete, the audience, who had been handed candles to hold, had them lit. The attendees then walked with their candles to the DeRosa University Center. There, the large tree in the main entryway was lit to much applause.

Once the tree was lit, attendees entered the University Center Ballroom. There, pancakes with an immense variety of toppings were served, buffet style. The crowd in the ballroom also had access to cookies, hot chocolate, cider, and coffee.

Once in the ballroom and eating, attendees were given a chance to make a bid at an auction. A variety of groups, including Phi Kappa Alpha, the Residence Hall Association, Pacific Ambassadors and many more had decorated ten Christmas trees. The attendees could bid on any one they wanted and the money would go to charity. All ten trees were purchased, with the highest bid going to the one decorated by the Residence Hall Association.

After the auction, people finished their food and began to leave, ending the Festival of Lights.

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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Remember to go to www.pacific.edu/reachout to log your hours!
and the Bookstore. SIS will be staying put, while the Alumni Center has already been re-planned to be built near the Long Theatre.

"The SIS relocation and the construction of a Calaveras Bridge were planned to provide a centralized "Academic Zone," with academic resources and departments closer to a concentrated location rather than being scattered around on campus. However, since plans for the McCaffrey Center has changed, SIS will be staying in their building in between the Bechtel International Center and John Ballantyne Residence Hall for the time being.

As for the rumored Calaveras Bridge, proposed to bridge the North campus with the main campus east of the current bridge and the University Center, the plan has been declined due to the incapability of obtaining possession of the land from the Mormon Church, which is currently across from Brookside and Monagan Residence Halls and their associated parking lot. Since the church has decided not to sell or relocate anytime soon, the plan for the bridge may not be possible.

Yet, there may be hope for conciliation. Since the Thomas J. Long of School of Pharmacy and Health Sciences (PHS) currently has worked out a plan with the church to share the parking lot with students, the church may be willing to negotiate to expand to more parking spaces or even a parking garage in the future.

As for renovations and expansions, the School of Education, Knoles Hall, the Conservatory of Music, the Rotunda, the Stadium, the Aquatics Center, the Tennis Complex, and the Alex G. Spanos Center were all on the list. The Aquatics Center renovated the pool earlier in the year, but according to the plan, it was to be added to another smaller pool. The status of the other facilities, according to Heaton, is still unresolved.

Lastly, planned student housing, which included specifications for 750 new beds and three new Greek houses, are being managed by Steve Jacobson, Associate Vice President for Student Life, Silvina Sousa Ransford (Director of Housing Operations) and Mylon Kirksey (Director of Residential and Greek Life) with contributions from Housing Steering Committee, Physical Plant, and Resident Directors and Assistants.

Also, Jacobson said, "Housing works hand-in-hand with Enrollment Management to ensure maximum capacity for on-campus housing."

The Pacific Housing Master Plan of 2007 includes a plan for renovating housing facilities including Sigma Chi Greek house, Southwest Hall, and the Townhouse Community. In the short term, Jacobson said the housing situation on campus is doing well, and developments will start given enough funding.

"We're about 98% capacity at this point," said Jacobson. "Our goal in the long run is to achieve at least 70% of the student body living on campus, and so far, we're at 62%.”

Specifically in regards to the plan for the three new Greek houses, which were slated to be built behind the current majority of the Greek houses, Heaton said that plan has been scrapped. The parking lot space currently behind the houses is essential and the new Greek houses will not be necessary during this time.

Long-term plans from the Campus Plan, proposed to be finished by 2024, include a new building for the School of Business, a new Chemistry building to replace the Classroom Building, more Fine Arts space, and a possible University Auditorium, with 1600-2000 seats and a museum.

As for the long-term plans from the Housing Master Plan, there may be more public community barbecue facilities to compensate for the new ban on private barbecues. Sprinklers, new furniture and carpeting, and overall maintenance to reside halls and communities will also be included.

If these plans become fully developed, the campus may end up with more buildings than green scenery. In spite of this, the Campus Plan has specified a "Tree-a-week" program to help provide plant growth in conjunction with the growing amount of construction.

Surprisingly, the "tree-a-week" has become more like "three-trees-a-week," according to Heaton. "There are also plans to go around the campus and inventory each and every tree and plant," said Heaton. "The plans will go on a list with their names and locations, and will be useful for Biology students and such."

The committee in charge of updating the master plan has already identified, with the leadership and regent facilities committee, initial research and key issues of concepts in open sessions.

The "Three-City" Campus Plan, organized by Marco Esposito, principal of SWA Group in Sausalito, will provide information about not only the Stockton Campus, but also Pacific's extended graduate schools in Sacramento and San Francisco.

Starting in the first week of the upcoming academic semester, the committee plans to discuss their strategies and ideas with President Eibeck, projecting for an update to the Campus Plan around late April or early May of 2010.

Even then, the new and updated plan may take until around October 2010 or even as late as January 2011 to be put into effect, depending on approval by Regents.

So far, the Campus Plan has provided a broad structure of needs for construction or renovation to the campus, and many of the buildings on the list of near-term needs (with approximate deadline of 2024) have already been finished or are in the process of being finished, such as the DeRosa University Center.

Other plans in development that were not identified in the Campus Plan include a new studio for Capital Public Radio (KUOP) in agreement with Pacific, and a ramp for ADA performers to have access to the stage in Faye Spanos Concert Hall.

President Donald DeRosa commissioned a University Facilities Committee to create the Stockton Campus Plan in 1995. The plan was approved by 1999, and in 2002, it was updated yet again. In 2005, the plan was again updated, and this edition of the plan was to coincide with the 100th anniversary of the University. The plan is updated about every other year, and takes approximately a year for processing, research, discussion, and approval by the president and by the Regents. Similarly, the Housing Master Plan is updated about every 5 years.
PERPECTIVES

Stockton Business Owner Profile:

Lisa Whirlow

Ruben Moreno & Viviana Millan

Stockton Native, Lisa Whirlow, is known around the central valley for her ownership of both Whirlow's Tossed and Grilled and Yogurt My Way in the Lincoln Village and on the Miracle Mile just south of Pacific. She also owns Nutcracker Sweete in the McHenry Village in Modesto.

In the beginning of her career, Whirlow's first job was as a gift wrapper in a local department store. From those humble beginnings she expanded her career and entered into the world of the restaurant business in 1980. She takes pride in being a self-taught business owner and has a natural affinity to the laws and understandings of business and is highly respected in the business world. Like any natural born gift, "You already have it or you don't," she said. This statement has stood true for her as she has expanded Whirlow's and Yogurt My Way in a two million dollar project to the Miracle Mile this past year.

The Miracle Mile is the backdrop for Stockton night life. There are so many restaurants with a vast variety of cuisines one would think that with so many businesses there, there would be too much competition, Whirlow commented, "There is enough business here for everyone." She not only hopes for success in her own business but she wishes the best for everyone on the Mile. She lives by the motto, "The Win Win Situation," where she believes everyone should feel happy at the end of a deal.

Whirlow hopes more people begin to support locally owned businesses and continues to aspire to provide healthy, great tasting food for the community at fair prices. "It is always important to give back to the community as much as you can," said Whirlow. Reinforcing how important it is for her to provide optimal quality to every person who comes in for a meal.

Whirlow takes pride in all of her achievements with Whirlow's Tossed & Grilled & Yogurt My Way and makes her clientele feel at home in her family restaurant serving food made with all natural ingredients and fresh products.

Whirlow is married and has three children. Her husband, Michael, and two of their sons, Ryan and Blake, work in the family business. Other than her success in the restaurant business, she has an eye for products that sell and is a successful retail consultant with Zoppini. In her free time she enjoys vacationing at her home in Pacific Grove, CA.

In addition, she is pro-Pacific, accepting PacificCash in her Lincoln Village location and offering free sodas to Pacific students upon presenting university I.D.'s. Whirlow's is also open to assisting Greek Life, Clubs and other organizations on campus fundraisers.

LETTER TO THE EDITOR

Dear Editors,

At the library, where I work as a Student Assistant (at the Circulation Desk), we encourage people to let us know what they think of our services. We also explain why we do things in the first place so that students understand our procedures. Students need to realize that the 16 laptops we have for rent are checked out by thousands of students. While those students out using our laptops and Information Commons computers, a thousand more students are on the domain on their personal computers. The IC students do all that they are trained to do with those laptops. Many have been taken out of commission so that we can make sure that we have done all we can. As to the fact that we ask students to take the laptops themselves is that both IC and Circulation Assistants are not allowed to leave our desks. We can’t so that we can serve all the other students and patrons. I personally have irked my supervisors by taking computers to the IC myself. As an employee of the library, I have been harassed, verbally abused, and called dumb to my face. I have been trained to handle these situations calmly, politely, and with a smile on my face. Patrons also need to realize that when I work at the library, I am giving up 2-3 hours of my day that could be used to study for my full course load. I am not bashing the authors opinions and claims. I am just asking that the Pacific community take into account the other players involved. Thanks.

Alanna Gallaty

The Editors thank the Pacific community for reading and contributing to our paper! All of us at the Pacifican want to wish you good luck on all your finals and happy holidays for Winterbreak! Have fun, and be safe!!

Also, since this will be our last issue, the Pacifican will be back until after the break. Catch our first issue of the Spring semester on January 21, 2010! If you are interested in being a staff writer or an editor, please contact us at pacificaneditors@pacific.edu!!
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_morenol@pacific.edu.

Thanks,
Ruben Moreno
Senator-at-Large
Answers to puzzles on page 9

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I WAS GOING TO HIRE A PHYSICAL TRAINER BUT SHE DIDN'T.

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

- Whirlows: 1926 Pacific Avenue | Miracle Mile | 466-2823
  - Hot-N-Juicy Hamburger
  - 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.

- Zable: Available at Yogurt My Way! Price $23.95 $19.95 for Pacific Students!
Movie Review: New Moon

Courtney Wnnri
Pacifican Staff Writer

Watch out, moviegoers, New Moon has arrived and brought with it thousands of squealing, lively, bright-eyed fans. However, those same fans who entered the theater eager for the latest chapter in the Twilight Saga might come out looking a little more like the undead due to the film’s dragging pace.

For those few people who haven’t heard, the film centers on human high schooler Bella Swan (Kristen Stewart) and her vampire boyfriend Edward Cullen (Robert Pattinson). The pair share a forbidden attraction that is a little more dangerous than the average teenage coupling.

Edward announces that he and his vampire family are immediately leaving Forks, the rainy Washington town they have been staying in. Confused and devastated, Bella spins into a cycle of depression and for months she remains an unresponsive lump of carbon, dead to the world.

Enter Jacob Black (Taylor Lautner), a family friend and a member of a nearby Native American tribe. He’s warmblooded and has a sunny disposition; quite a different from the bloodless and sunless vampire family. The two boys manage to cry convincingly in a few of the scenes.

A second problem is that for those who have not read the Twilight books, this film does not explain much of anything. In fact, the storyline could be downright confusing for an un-initiated audience member. Many parts of the movie assume that the audience knows everything about the strange universe of Forks where monsters are real. For example, there is a scene in which the sunny character of Jacob becomes furious out of the blue and it completely ruins the pattern of the scene, causing the audience to say: what? Only if they have read the books would they know what causes his bipolar tendencies. This is why New Moon will fail to bring new fans to Stephanie Meyer’s franchise.

The film’s syrupy dialog is unbearable at some points. The script is poorly written and contrived. Sometimes words on the page simply don’t translate properly onto the screen. Many of Edward’s lines of undying affection feel unnatural, although they might have sounded nice in the book. The script thrives on a high level of melodrama. Rather than seeming romantic, like the first film, New Moon just comes across as relentlessly syrupy.

The soundtrack that accompanies the film actually detracts from it. Perhaps this is because there are very few instrumental pieces.

Stewart is a little difficult to watch in the role of Bella. Although she seems to have improved since Twilight, she still somewhat plays the character with a lack of emotion. To her credit, she does manage to cry convincingly in a few of her scenes.

New Moon possesses redeeming qualities, although they are limited. For example, Billy Burke, who plays Bella’s father, is a refreshing relief from the soapy melodrama surrounding the main characters. He is decidedly comical by his efforts. Anna Kendrick as Bella’s friend Jessica is also amusing. Lautner is another asset to this film; he conveys his character well while his rippling abs and biceps provide eye-candy for female audience members.

The film’s few action sequences and special effects are also actually better than expected. Another positive aspect of the film is the chemistry between Laustner and Stewart, which feels tangible and natural.

Altogether, as the latest installment of the pop-culture phenomenon, New Moon ultimately leaves much to be desired.

Since each of the movies has had a different director thus far, it will be interesting to see what the next sequel, Eclipse, will look like. Director Catherine Hardwicke’s work on the first film had a distinct look and feel with a bluish hue cast on the entire film. In New Moon, Chris Weitz has thrown on the bluish hue and brightened up the film style. With David Slade on board for Eclipse, it can be assumed that an entirely different look will mark the film, but the question is: will fans really hang around to see the third installment after having to sit through this one?

If the fans do choose to view the third film, which many undoubtedly will, it will be only because this series is a very guilty pleasure that has a knack for birthing rabidly obsessed fans hungry for all things Twilight.

To sum up it up, New Moon will generally please its fan-base, but the un-initiated will be happier to stay away from this slow, soapy, cinematic trifle.

Do You Know That I Am Greek

Name: Lane Cowan
Affiliation: Delta Upsilon

I am currently a sophomore majoring in Mechanical Engineering with a minor in Engineering Management. In the Greek community, I am currently the Delta Upsilon chapter president as well as vice president of programming on the Interfraternity Fraternity council. I am also a member of the Pacific Ambassadors and provide tours to prospective incoming students as well as during New Student Orientations. My extracurricular activities include Pacific Men’s Lacrosse, playing trumpet in the Pacific Pep Band, and being a member of ASME (American Society of Mechanical Engineers). I am proud to be Greek for all the amazing people I have met and the life-long connections that I’ve made.

A medium popcorn and soda combo comes in at 1610 calories and 60g of saturated fat. Wow! That’s like eating three quarter pounders AND 12 pats of butter. You can thank the coconut oil that the popcorn is fried in for the extra helping of saturated fat. You can even add a “buttery topping” for only 130 calories per pump. Even candy isn’t great; the 4-5 ounce servings pack anywhere from 460 calories (Twizzlers) to 790 calories (Nerds).

Since sitting through a movie doesn’t require any real physical exertion, you don’t need to eat like it does. If you can’t picture the movies without popcorn, grab a small without butter and share.

Hanukkah Arrives at Pacific

Emily Heller
Guest Writer

On Friday, December 11 at 7:00 pm in the University Center Ballroom, Pacific Hillel will be throwing a winter wonderland extravaganza in order to celebrate the first night of Hanukkah. This is the night that all Pacific students have been waiting for. This Hanukkah celebration will be a festival celebration so intense everyone you will wish Hanukkah was every month. Pacific Hillel officers have been hard at work since the beginning of the semester making all of the Hanukkah fun come together. The event will include latkes, the traditional potato pancake, and other great foods! The annual dreidel spinning contest will get all the guests out of their seats.

Pacific Hillel will be accepting donations for the Children's Home of Stockton, a modern residential treatment and educational facility for young children and their families, which helps young children and families. All types of donations and mounds of holiday spirit are welcome! Guests will be able to indulge in all of the special desserts Hanukkah has to offer including decorating your own cookies, eating jelly donuts, and making your own candy dreidel! There is an activity for everyone including ornament making, games, and much more! It will be eight nights of celebration packed into one crazy Friday night.

Come celebrate the first night of Hanukkah with the Pacific community. We will be lighting the first Pacific menorah for university wide use. The community and students are invited to bring their own menorah from home. Pacific Hillel hopes to celebrate this upcoming holiday season with you all!

Happy Holidays!

A Message From The College Panhellenic Council

As the semester wraps up, the College Panhellenic Council would like to thank everyone who came out and supported our events and philanthropies. We had a successful year serving our Greek and school community. We look forward to our new executive board coming into office in January and are expecting another successful and fun year! Be on the lookout for more events and philanthropies to take part in this upcoming spring semester. Get excited for Panhellenic Sorority Recruitment in the spring! If you have not registered yet, there is still time. The website to register is: https://pacific.mycampusdirector.com/index.php. Contact the Housing and Greek Life office if you have any questions. Happy Holidays! Go Greek!

GAMES AND PUZZLES

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Answer on page 7

CRYPTOQUIP

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

Q GNC FXQVF IX BQLD N YBACQHNE ILNQVDL TJI CBD UQUV'T GXLM XJI.

Today's cryptoquip clue is: Y equals P

Answer on page 7
NFL
Some may call it pure luck and others' destiny, however Saints WR Robert Meachum was definitely spectacular in the Saints 11th win of the season. Not only did he receive for 142 yards and a touchdown, but he stripped the ball from Redskins safety Kareem Moore after an interception and carried it 44 yards into the end zone.

The Rams coming to town was exactly what Chicago needed, as the Bears clawed their way to a 17-9 win over arguably the NFL's worst team. After an offseason of major overhaul including a blockbuster trade for "franchise" QB Jay Cutler, look for significant changes in Chicago in coaching as Charlie Weiss name has already started flowing in several rumor mills as the next potential "franchise" QB Jay Cutler, look for significant changes in Chicago in coaching as Charlie Weiss name has already started flowing in several rumor mills as the next potential coaching as Charlie Weiss name has already started flowing in several rumor mills as the next potential coaching as Charlie Weiss name has already started flowing in several rumor mills as the next potential offensive co-ordinator.

Fantasy Sleeper: Devin Thomas WR
After his first 100 yard game against a very tough New Orleans secondary and with RB Clinton Portis still out from a concussion, Thomas should continue to be a focal point of the Redskins offense as Santana Moss should draw coverages away from the young emerging receiver.

Game of the week: Arizona at San Francisco
It should be an awesome game, after the first three quarters of play, that is. With their previous 2 meetings ending with the winner thwarting a last minute game winning touchdown attempt, expect yourself to be on the edge of your seat as most of America will have tuned out of what should be an otherwise very boring power struggle.

NCAA
Tim Tebow added another first to his long list of accomplishments by merely being selected as a finalist for this year's Heisman trophy. By attending the ceremony, which is to be held this Saturday, Tebow becomes the first player to be a three-time finalist. Joining Tebow as the other finalists are Colt McCoy, Mark Ingram, Toby Gerhart and Ndamukong Suh.

MLB
Freshly signed to a $7.5 million contract with the St. Louis Cardinals, pitcher Brad Penny affirmed rumors of leaving San Francisco.

NHL
More than 16 years after his first career shutout occurred back in October 1993 and his 103rd was 1,025 games later.

SPORTS

Har-Sean's Sports Update
Harshan Samra
Pacifican Staff Writer

Cardio Kick:
8-9 p.m.
Wood Room
Get to the Core
8-8:30 p.m.
Rubber Room
Capoeira:
7-8 p.m.
Rubber Room

5 Ways to Prevent the Triad:
1. Have any problem weight loss goals reviewed by medical and nutritional personnel
2. Maintain a balanced diet
3. Carb amount of fat in your diet
4. Maintain ideal weight
5. Maintain a moderate exercise program

These five steps of prevention are simple and all come down to living a healthy lifestyle which will not only prevent the female athlete triad but also can prevent other diseases and illnesses.

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

Athletic Training Tip of the Week
Preventing the Female Athlete Triad

In last week's article we discussed the overview of the female athlete triad: osteoporosis, amenorrhea, and disordered eating. Now we are going to educate you on ways to prevent it.

Tiger X Schedule for Week of Dec 10 - Dec 18

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<th>12/10</th>
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<tr>
<td>Cycle Fit: 7-7:45 a.m. Rubber Room</td>
<td>Pilates: 7-7:45 a.m. Wood Room</td>
<td>Yoga: 5:30-6:45 p.m. Wood Room</td>
<td>Cycle Fit: 7-7:45 a.m. Rubber Room</td>
<td>Lunch Time Yoga: 12:15-1 p.m. Wood Room</td>
<td>Cycle Fit: 7-7:45 a.m. Rubber Room</td>
<td>Cycle: 5-6 p.m. Wood Room</td>
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<td>Lunch Time Yoga: 12-1 p.m. Wood Room</td>
<td>Boot Camp: 1:30-2:30 p.m. Wood Room</td>
<td>Self Defense: 7-8 p.m. Wood Room</td>
<td>Lunch Time Yoga: 12-1 p.m. Wood Room</td>
<td>Zumba: 4:30-5:30 p.m. Wood Room</td>
<td>Pilates: 7-7:45 a.m. Rubber Room</td>
<td>Cardio Dance: 5-6 p.m. Wood Room</td>
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<td>Cardio Dance: 5-6 p.m. Wood Room</td>
<td>Hip Hop: 3-3:50 p.m. Wood Room</td>
<td>Cycle Fit: 7-8:00 p.m. Rubber Room</td>
<td>Cycle: 5-6 p.m. Wood Room</td>
<td>Yoga: 7-8 p.m. Wood Room</td>
<td>Capoeira: 7-8 p.m. Rubber Room</td>
<td>Get to the Core 8-8:30 p.m. Rubber Room</td>
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<tr>
<td>Cycle: 6-7 p.m. Rubber Room</td>
<td>Pilates: 4:30-5:30 p.m. Wood Room</td>
<td>Cardio Kick: 8-9 p.m. Wood Room</td>
<td>Cycle: 5-6 p.m. Wood Room</td>
<td>Capoeira: 7-8 p.m. Rubber Room</td>
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Could hoops help Tigers’ ties to city?

‘Stockton Showcase’ seen as more than basketball game between Pacific, Cal

Originally published in the Stockton Record, December 8, 2009

Bob Highfill
Stockton Record Sports Editor

STOCKTON - Could a men’s basketball game help build a bridge? That’s the hope of the administration at University of the Pacific.

Pamela Eibeck, the school’s new president, wants the university to reach out to Stockton and its surrounding communities. She said she believes Wednesday’s game at 7 p.m. at Stockton Arena between the Tigers and Pacific-10 Conference member the University of California, Berkeley, will be a meaningful step in that direction.

“We want to be able to focus some of our efforts to have an impact on our community,” said Eibeck, who succeeded Donald DeRosa. “It will take all of us working together to make a difference.”

On Monday, Eibeck and Stockton Mayor Ann Johnston were among a gathering of about 120 people in the King’s Room at Stockton Arena to promote Wednesday’s game, which is being billed as “Stockton Showcase.” For this game, Pacific’s jerseys will have “Stockton” on the front instead of “Pacific.”

“One of our goals is to have as many people as we can come to downtown to see what we’ve developed here,” Johnston said.

It will be the first college basketball game ever played at the 4-year-old arena and the first in downtown Stockton since 1981, the team’s last season at the 2,901-seat Stockton Memorial Civic Auditorium.

Athletics is one of the most visible ways a university can connect with its community, Eibeck said. And one of the most tangible ways to measure community interest is through attendance at athletic events.

Men’s basketball is Pacific’s main sport, yet despite the Tigers’ recent successes, including three consecutive trips to the NCAA tournament from 2003-04 to 2005-06 and this season’s 6-1 start, fans have not flocked to their games.

The Tigers drew capacity crowds only twice at the campus’ 6,150-seat Spanos Center during that three-year tournament run, and Saturday’s home game against Nevada drew fewer than 3,000 fans. Average attendance the past three seasons has been 3,261.

By Monday afternoon, the arena had sold 7,200 tickets for Wednesday’s game, about 2,500 shy of Stockton Arena’s capacity.

Pacific athletic director Lynn King said he hopes fans who in the past have had little or no interest in Pacific athletics support the school after Wednesday’s game.

“They’re really good Division I programs, and they are right here in Stockton,” King said.

Wednesday’s game came about when former Pacific athletic department employee Tod Bannister, now UC Berkeley’s executive director of the Bear Backers - an athletic fundraising and booster organization - called Tigers’ assistant men’s basketball coach Ron Verlin in March last year. That conversation spurred a two-year, home-and-home series between the schools, who have met 29 times since 1910 with the Bears winning 26 times. UC Berkeley beat Pacific 68-56 in November 2008.

Wednesday will mark the 26th anniversary of UC Berkeley’s most recent visit to Stockton.

Michael Nunnally, #1, goes up for the jump ball at the beginning of the Tigers victory against UNR

The team celebrates its victory in the Spanos Center last Saturday night.

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!!
Now Accepting Pacific Cash!!!

$5 Pitchers are back!

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Lunch - Late Dinners
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Microbrewery Tours Available
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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

SUNDAY Football
NFL Package

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$5 OFF ANY PURCHASE OF $25 DOLLARS OR MORE
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VALID WITH PACIFIC ID
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