Progress in the Pacific Community a Priority:

Dr. Martin Luther King Peace and Justice Luncheon

By Kobé Armah
Pacifican Staff Writer

Year after year, the third Monday in January is observed as the Martin Luther King, Jr. Day. The holiday was created in 1983 by Ronald Reagan and began being celebrated across the nation in 1986 and was not observed in all 50 states until January 2000. The holiday's purpose is to honor King as a civil rights pioneer who eventually was assassinated for his service to our nation. To celebrate and honor King's contributions and commitment to social justice and peace, The 7th Annual Martin Luther King, Jr. Peace and Justice Luncheon was held in Grace Covell Banquet Hall on January 19, 2010. The event honored those who continue his legacy in the Pacific community and show consistent commitment to King's ideals.

The program began with the singing of the Black National Anthem, "Lift Ev’ry Voice and Sing." Bon Appetit prepared a lunch for all attendees that consisted of interpretations of classic Southern and African American dishes. The soundtrack for the lunch was classic Rhythm and Blues and Neo Soul. Honorees were commended for their commitment to excellence and service. 2009 Martin Luther King Peace and Justice Luncheon honoree Dr. Marcia Hernandez began with a Keynote speech touching on King's legacy. Hernandez expressed the relevance of King, particularly in the Stockton community and felt, "King speaks directly to the Stockton and Pacific community," and continued that Dr. King’s life can "be honored more than on a [singular basis]," and highlighted that it is important to honor King’s contributions on a "daily basis."

Student Honorees were nominated for their efforts on an organizational level. Pacific Celebrate Diversity Chair Nancy Nguyen "18" transformed, the club from non-existence to a distinguished club that makes an impact on the Pacific community. Black Student Union President and STORM President Ty-Licia Hooker was honored for her commitment to community involvement. In September, Hooker created STORM to help kids within the Stockton community by mentoring and advising them. Hooker spoke of her recognition and was "humbled by being honored with anything with the name..." See MLK, page 2

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SUSPICIOUS INCIDENT
RAYMOND GREAT HALL
1-10-10
Officers responded to a report of ten juveniles harassing people in the area. Officer made contact and juveniles were leaving.

WARRANT ARREST
TOWERVIEW APTS
1-11-10
Officers responded to a report of a suspicious male subject sitting in a parked vehicle. Officer made contact with the subject who was exposed and a witness reported subject had been masturbating. Subject was arrested.

THEFT
MCCONCHIE HALL
1-11-10
Victim reported his bicycle missing. Officer responded and initiated a report.

FIELD INTERVIEW
MANCHESTER
1-11-10
Officer initiated a checkout on a male subject going through the dumpster. Subject warned for Stockton Municipal Code (SMC) for collectibles.

SUSPICIOUS INCIDENT
PACIFIC HOUSE
1-12-10
Officer responded to a report of a vehicle with three male occupants that had followed the caller from a local bar and are loitering in the rear lot trying to enter the residence. Officers made contact and reported subjects are leaving the area.

VEHICLE ACCIDENT
PACIFIC AVE
1-12-10
Officers responded to a report of a non-injury accident. Officers assisted with moving the vehicles to get traffic moving. Officers reported both subjects exchanged information.

UNIVERSITY REG
PRESIDENT’S DR.
1-12-10
Officer conducted a check out on a male subject at the above location. Subject was intoxicated and turned over to a sober friend. Officer initiated a report.

BURGLARY
BROOKSIDE HOUSE
1-12-10
Officer responded to a report of the theft of food items from the kitchen during the holiday break. Officer initiated a report.

BURGLARY
MONAGAN HALL
1-15-10
Victim reported the theft of his Xbox and two controllers. Officer responded and initiated a report.

ROBBERY
MIRACLE MILE
1-16-10
Staff reported a student and friends were robbed at gun point of their cell phones and an undetermined amount of cash while off campus. Victims were now on campus. SPD was directed to victims and initiated a report.

INDECENT EXPOSURE
SIGMA CHI
1-16-10
Officer responded to a report of a suspicious male subject without pants possibly masturbating. Officers responded and located and arrested the subject for indecent exposure. Subject was transported to the county jail and his vehicle was towed off campus.

SUSPICIOUS PERSON
MENDOCINO AVE
1-14-10
Officer responded to a report of a possible intoxicated male subject. Officer made contact and advised friend responded and will care for the subject for the night.

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 and to earn credit 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 7 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! The last day to log your hours towards the GIVE Competition is Monday, April 12th.

Reach Out Groups Competition Rankings

<table>
<thead>
<tr>
<th>Organization</th>
<th>Hours Logged (on Reachout as of Jan. 19)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Phi Omega</td>
<td>737.25</td>
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<tr>
<td>Sigma Chi</td>
<td>468.25</td>
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<tr>
<td>Sigma Alpha Iota</td>
<td>42.25</td>
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Disney Digital Artist to Speak at Pacific

**Shafer oversaw production on “A Christmas Carol”**

*Media Relations*

Anthony Shafer, a 1997 graduate from University of the Pacific’s School of Engineering and Computer Science, will give a behind-the-scenes presentation on Disney’s *A Christmas Carol.* He will give his presentation today at 5 p.m. in the Pacific Theater. The event is free and open to the public.

Shafer worked for more than two years on the film as the stereoscopic supervisor for ImageMovers Digital, a Disney Company. He worked extensively on the design and implementation of the film. He also oversaw the camera acquisition, data-flow and stereoscopic3D production for the movie. His presentation will include some raw footage from the film and a demonstration of how the 3D effects were created.

“We are excited to have Anthony returning to campus,” said Gary Martin, assistant dean at the School of Engineering and Computer Science. “He has done similar presentations in the past, proving to be fascinating one minute, and hilarious the next. Although he has a highly technical background, he presents the material in a way that anybody can understand.”

“A Christmas Carol” is the latest retelling of the classic Charles Dickens story of Ebenezer Scrooge and his path to redemption on Christmas Eve. The film was completely animated and used the latest three-dimensional techniques in the industry. Actor Jim Carrey was the featured voice of Scrooge. The movie was released in November of last year and has brought in more than $255 million at the box office.

The presentation will be held at the Pacific Theater at 5:00 p.m. today and is free and open to the public. Please note seating is limited. A reception will follow the event. For more information please contact Gary Martin at 209.946.3064.

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**Dukakis to Discuss Health Care at Pacific**

Former Governor and Presidential Candidate is considered one of the foremost experts on the subject

*Media Relations*

Michael Dukakis, former governor of Massachusetts and the 1988 Democratic Party nominee for president, will discuss health care in the United States during a 90-minute lecture at University of the Pacific’s Stockton campus. Dukakis has spent the last two decades lecturing and writing about political leadership in health care policy in the U.S. and is considered one of the foremost experts in the field.

Dukakis’ visit is sponsored by Pacific’s Legal Scholars Program, an undergraduate course plan for those who are interested in law. The lecture will be from 5 p.m. to 6:30 p.m. Jan. 25 in the Faye Spans Concert Hall. It is free and open to the public. Questions will be taken from the audience during part of the lecture.

“We are honored that Michael Dukakis, one of the most recognizable political figures in the past few decades, has chosen Pacific to talk about a subject that he has devoted much of his career to,” said Provost Phil Gilbertson. “His appearance at Pacific couldn’t come at a better time as the national health care debate dominates the headlines and the political arena in Washington.”

Dukakis, 76, was the governor of Massachusetts when he won the Democratic nomination for the Presidency in 1988. He was defeated by George H.W. Bush and left office in 1991 after choosing not to run for governor for a fourth term.

In 1991, Dukakis served as a visiting professor in the political science department at the University of Hawaii’s School of Public Health. He taught courses in political leadership and health policy and led a series of public forums on the reform of the nation’s health care system.

His research has focused on national health care policy reform and the lessons that national policy makers can learn from state reform efforts. He wrote articles on the subject for the “Journal of American Health Policy,” the “Yale Law and Policy Review,” the “New England Journal of Medicine,” and “Compensation and Benefits Management.” In addition, he co-taught a graduate seminar in national health policy reform that included a series of public forums and an all-day conference that culminated in the publication of “Insuring American Health for the Year 2000,” a Northeastern University publication that has been distributed widely to health policy makers, legislators and others.

Since 1991, Dukakis has been a visiting professor at Northeastern University’s political science department, and also has taught in the senior executive program for State and Local managers at the John F. Kennedy School of Government at Harvard University. He has also taught for the past three years at Florida Atlantic University and served as a visiting professor at Loyola Marymount University and the University of California at Los Angeles, where he currently is working.

He is an army veteran and Harvard Law School graduate. His political career started in 1960 as an elected Town Meeting member in Brookline, Mass. He was elected to four terms in the Massachusetts legislature from 1962 to 1970. He was elected governor of the state in 1974, lost in 1978 but was re-elected in 1982 and 1986. In 1986 his colleagues in the National Governors Association voted him the most effective governor in the nation.

Besides the lecture, Dukakis also will speak to a small group of students in the Pacific Legal Scholars Program. His wife, Kitty, will accompany him to campus and will speak separately to a group of psychology students about therapy, addiction and other subjects of interest to her. Kitty Dukakis wrote the book “Now You Know” about her battles with alcoholism and “Shock: The Healing Power of Electroconvulsive Therapy” about her treatment for clinical depression.

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**MLK, continued from page 2**

and peace and inspire others to continue [Dr. Martin Luther King Jr.'s] legacy.”

Over 75 people were in attendance at the hour-long midday event. Multicultural Affairs Program Coordinator and Graduate Assistant expressed her joy about seeing the event grow by saying she was, “happy to see the event grow,” and described the atmosphere as “exciting.” This year marked the first time tickets had to be sold at the event because of budget cuts. The 7th annual Dr. Martin Luther King Peace and Justice Luncheon clearly highlighted progress in the Pacific Community and showed itself as a priority.

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University Provost Phil Gilbertson was one of the honorees at the Peace and Justice Luncheon Tuesday. Fellow honoree Ty-Licia Hooker smiles as Gilbertson gets up to receive his award, above. Below, Gilbertson accepts the award.
President Eibeck’s Beyond Our Gates... Into Our Community

Josh Chipponeeri
Contributing Writer

At O’Connor Woods on Wednesday, January 13, community health care professionals came to present before Pacific representatives to discuss meaningful partnership opportunities. The prompt for the day’s presentation was discussing the strengths and weaknesses in the San Joaquin/Stockton region in regards to health care. The hope for the event was to get leaders of different community organizations together and ask how Pacific can partner with these organizations.

Expanding the scope of her listening campaign, President Eibeck, with Vice President of External Relations Ted Leland, and other dignitaries were attentive observers to the subjects discussed in opening statements presented by community professionals. The auditorium quickly filled with an audience and extended from West Hall, the location of the forum, to the other two overflow rooms, which reached capacity. Reported over two hundred folders which were given to the guests were distributed and more had to be made to ensure everyone could have one.

The day’s proceedings began with an introduction of Pacific’s interest in developing meaningful partnerships with community organizations to better the condition of healthcare in our area. Following the opening statements prepared by community presenters, the headline speaker, Don Wegmiller, spoke efficiently on what is necessary to develop community-university partnerships that work. Citing examples from his thirty plus years of executive experience in the matter, Wegmiller addressed the clarity in goals that is necessary for a partnership to be successful and produce results.

Following Wegmiller was a break and the audience spoke amongst themselves about the information shared by the presenter-participants. When the proceedings resumed Pacific analysts posed questions to the community-participants for tangible ways to help and for definitions of success.

A substantial demographic of the audience patrons of O’Connor Woods were intensely intrigued by the possibilities discussed just as the other audience members who chose to attend.

Something to keep in mind when observing the progression of this forum series, is that the objective is to inject Pacific trained and educated young people into local businesses. Be aware that when the word partnership in mentioned between Pacific and community organizations, it means developing opportunities for Pacific graduates to find work and stay in the San Joaquin/Stockton area. Getting Pacific graduates to want to stay in Stockton is the ambition of this forum series.
Bicycle! Bicycle! Bicycle!
My Mengarelli
Perspectives Editor

Did you know that Stockton has one of the highest bike theft rates in the US? That would mean that it also has a large populace of people who bike. Here at Pacific, one can surmise that a large number of students partake in bicycling for a number of reasons. Some bicyclists do so to decrease pollution, others to decrease their bills, while others bike because it is an easy way to exercise, but mostly a large percent of students bike simply because a bike is a whole lot cheaper than a car and is easier to maintain.

By now, we all know the advantages bicycling has on the environment and ourselves, so we should be rewarded for the rise in bicycling as mode of transportation, shouldn’t we?

Wrong.
The city of Stockton has failed to implement biking lanes in many parts of the city (including Pacific’s) making the activity a particularly dangerous one.

Senior, Robin Lee, agrees: “To make a broad generalization, a lot of Stockton drivers couldn’t care less about ‘sharing the road’. It’s like ultimate battle of Robin vs. Traffic on my way to school sometimes. Plenty of kids have been hit, a few have died, and everyone and their mother has had either a part of or their entire bike stolen. At the very least, I’d like to see bike racks around the city.”

While Public Safety has taken preventative measures against bike theft, little seems to be done on the grounds of personal safety. And although certain measures should have been taken years ago, the city remains virtually bike lane-less. Although it is the government’s responsibility to ensure the collective civiliains safety, I also believe that it is our responsibility as (temporary or permanent) citizens of this city to reach out and raise awareness to such issues. By writing to our representatives we can ensure that the safety of its citizens are implemented and then protected.

If we band together, we can make a change, so let it be known! Write to Stockton’s City Manager either by mail (at 425 N Eldorado St.), or email the council on the website: stocktongov.com.

After all, bicyclists are contributing to a healthier lifestyle—plus, we shouldn’t have to fear for our lives en route to school or work.

SPORTS

Eveland Pours In 14 As Pacific Shoots Its Way Past UC Irvine, 64-51
Pacific Athletic Media Relations

The Pacific men’s basketball team came out firing from all angles on Saturday, January 16, as they took down UC Irvine, 64-51, at the Alex G. Spanos Center. The win for the Tigers moved them to 10-6 on the year and 3-1 in the Big West while the Anteaters fell to 8-10 overall and 2-4 in the conference.

Pacific played stellar defense to open the game, opening a 5-0 lead after holding the Anteaters scoreless for the first four and a half minutes. After a basket by UC Irvine’s Darren Moore, the Tigers outscored the Anteaters 16-6 to build a 21-8 lead with 8:10 to play in the half. Junior Pat Eveland scored eight points in the run to boost the Tigers off the bench. Pacific led by as many as 18 points in the first half, with bench outscoring UC Irvine’s bench 18-4 in the opening half.

The Tigers held a 36-23 halftime edge, shooting a season-best 59.1 percent from the field.

After trading baskets with UCI in the opening moments of the second half, the Tigers went on an 8-0 run to open up their largest lead of the game (50-29) with 13:12 to play in the game. Junior Sam Willard scored six of his 12 points in the run. The lead never fell below 13 the rest of the way, as Pacific cruised to the double-digit victory.

Eveland led the Tigers with 14 points, all in the first half. He was 4-for-4 from behind the arc in the first half, hitting all five of his shots. Willard added 11 rebounds for his third double-double of the season. Junior Demetreece Young added 10 points and three assists, while senior Joe Ford had nine points. Ford hit all four of his shots from the field, and has made 14 of his 15 field goal attempts in Big West games.

Darren Moore led UC Irvine with 18 points, while Adam Folker pitched in a career-high 12 points. Pacific held the Anteaters’ top two scorers Eric Wise and Michael Hunter to eight total points. They average a combined 31 points per game on the season.

The Tigers are next in action against Cal State Fullerton tonight, Thursday, Jan. 21. Game time is set for 7:00 p.m. in the Alex G. Spanos Center.

PERSPECTIVES
Double Feature of Movie Reviews

Sherlock Holmes

Courtney Wood
Pacifican Staff Writer

Avatar

Interested in writing for the paper? Want to earn some extra units while learning more about your fellow students and your school? WRITE FOR THE PACIFICAN! Email us at pacificaneditors@pacific.edu now!

Sherlock Holmes, the newest film adaptation of the life of Conan Doyle’s famous character, relies more on adrenaline-fed action and explosions than it does on the development of an intriguing or thrilling mystery.

In this film, Sherlock Holmes (Robert Downey Jr.) and his faithful assistant Doctor Watson (Jude Law) are faced with a murderous villain named Blackwood (Mark Strong) who is using black magic to gain power in England’s government. Holmes and Watson successfully capture Blackwood, who is subsequently thrown into jail and sentenced to be hanged. Blackwood’s execution is carried out, Watson pronounces him dead, and he is put in his grave. Soon after, rumors circulate that Blackwood has been seen, alive. Sure enough, his grave has been split open, and his body is not there. Holmes and Watson collaborate once again to find Blackwood and to stop him from murdering innocent people of London.

Downey Jr. can do no wrong in the role of the suspiciously brilliant fictional detective and Law does a fine job of bringing Watson to life. The pair play well off of each other, generating a fictional detective and Law does a fine job of bringing Watson to life. The pair play well off of each other, generating a

Another strength of the film is the action sequences and the charm of the Holmes story. The film opts to place its focus of producing the suspenseful, deductive mystery-solving that is usually the staple of a Holmes story.

Avatar, a fantasy sci-fi film of epic proportions, features a well-worn plot but remains fresh because of the stunning images it has to offer.

The film revolves around Jake Sully (Sam Worthington), a disabled former marine who decides to fill his deceased twin brother’s place in an expensive “Avatar Program” on an alien moon called Pandora. On this moon, the program aims to bridge a cultural gap between humans and the Na’vi, through the use of avatars which are hybrids of human and Na’vi genes.

On Pandora, the Avatar Program shares a base with the US military and members of a company whose primary goal is to mine the abundant Pandoran mineral called “unobtainium,” which, despite its name, seems to be fairly obtainable. The company wants to speed up the Avatar Program’s process of negotiating with the Na’vi so that they can proceed in mining the unobtainium, which lies under sacred Na’vi grounds.

Once Jake becomes acquainted with the way that avatars work, he and a few others send their avatars into the strangely beautiful wilderness of Pandora; Jake, using his avatar body, gets separated from his companions and meets a Na’vi named Neytiri (Zoe Saldana) who leads him to her village. Deciding to stay with the Na’vi, Jake learns the ways of their culture and begins to become romantically linked to Neytiri.

Back at the base, the company and the military commander are becoming impatient with Jake and the Avatar Program; they have decided force may be the only way to move things along. Jake must choose whether to remain loyal to his home planet or to stand by the Avatar Program.

A poignant scene in the movie occurs at the end where Neytiri holds Jake in her arms, seeing the real Jake for the first time. It is only then when the audience is suddenly reminded of the incredible size difference between humans and the Na’vi people. Neytiri, standing strong at nearly ten feet tall, towers over the human-sized Jake.

The scene is a remarkable moment of realization for the viewer. Although the movie features a musical score complementing the story perfectly, towards the beginning of the film, a mystical sound created by chimes, stringed instruments, and haunting vocals sets the background for the tranquil, mysterious forest of Pandora and the introduction of the Na’vi people. Later, strong tribal drumming and trumpets signal the tension of war that lingers in the atmosphere between the Na’vi and the humans. The musical additions greatly add to the immersive quality of Avatar.

As a fictional race, the Na’vi are truly intriguing with their musculously tanned bodies, cerulean skin, glowing chartreuse eyes, and oddly pointed tails. Equally interesting are the ways in which the Na’vi interact with their world; they are always linked with nature and they have an appreciation for all types of life. Towards the end, the only Na’vi who is given any real character development is Neytiri; and only a few of the Na’vi are even given names. It would have been nice to get a little more background on some of the other Na’vi characters so it wouldn’t seem like they are only placed on screen in order to fill the frame.

The musical score certainly provides an immersive experience. Towards the beginning of the film, a mystical sound created by chimes, stringed instruments, and haunting vocals sets the background for the tranquil, mysterious forest of Pandora and the introduction of the Na’vi people. Later, strong tribal drumming and trumpets signal the tension of war that lingers in the atmosphere between the Na’vi and the humans. The musical additions greatly add to the immersive quality of Avatar.

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The scene is a remarkable moment of realization for the viewer. Although the movie features fantastic visuals and creates a fascinating new world, it fails to be compelling on other cinematic levels. For example, the basic plot is a familiar one which can be found in several other films; the dialogue is a bit weak at some points in the picture, especially where the military commander is concerned; and the war sequence that takes up most of the last hour of the film feels a bit too long.

However, even after taking its weaknesses into account, Avatar successfully emerges as an entertaining film capable of launching its audience into an astonishingly beautiful unknown world.
There are several indicators used to measure overall health. Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI does not measure body fat directly, but BMI correlates to direct measures of body fat, such as underwater weighing and is considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

Calculate yours: weight (lb) / [height (in)]² x 703

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65"")
Calculation: [(150 / (65)]² x 703 = 24.96. This person would be borderline between normal and overweight.

BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

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