Dukakis Delivers Engaging Speech on Healthcare

Kobé Armah
Pacifican Staff Writers

Health care in the United States is one of the most contentious issues in politics. Not only has healthcare divided political parties, it has divided Americans on the grounds of economic policy. Many experienced leaders have remained engaged and eager to influence the health care decision.

On January 25, The Pacific Legal Scholars Program sponsored a public lecture, “Health Care Politics in the U.S.: A Conversation with Michael Dukakis.” Former Governor of Massachusetts and 1988 Democratic Party Nominee for President, Michael Dukakis, discussed the politics surrounding healthcare by addressing the structure of both the political system and the health insurance industry. The 90-minute lecture and discussion contextualized the fight for health care reform in the United States as a whole, and on the state level, and was capped by a question and answer section. The discussion was attended by a sizable audience of more than 800 members of the Pacific and Stockton community. The attentive and enthusiastic audience was captivated by his insight and expertise.

The former governor was introduced by retiring Provost Phil Gilbertson, who noted the relevance of Dukakis’ presence on campus. Gilbertson also welcomed Dukakis’ wife, Kitty, who had given a speech on electroconvulsive therapy to the College of the Pacific Psychology Department earlier in the day. Stockton Mayor Ann Johnston among others helped make Dukakis’ visit possible.

Gilbertson acknowledged Pacific Legal Scholar and Sophomore Tyler Payne, who met Governor Dukakis during an internship for his State Senator Benjamin Downing of Massachusetts and the program’s distinct direction under Professor of Political Science Cynthia Ostberg. The provost also highlighted the program as a whole for providing students who are capable of such “curricular and co-curricular” excellence.

During his lecture, Dukakis, a Professor of Political Science at Northeastern University and visiting professor in the School of Public Affairs at the University of California, Los Angeles detailed problems with the current health care system and also provided solutions while promoting open discussion.

Dukakis explained the current situation of health care in the nation by focusing upon the recent election of Republican Scott Brown to Ted Kennedy’s vacated Senate seat in Massachusetts. He pointed out that the Republicans are

See DUKAKIS, page 3

A Preview of Black History Month

Christiana Oatman
Staff Writer

Beginning with a libation ceremony on February 1 and ending with a Jeopardy game night, University of the Pacific will be celebrating Black History Month with a variety of interesting and fun events that are open to people from all walks of life. The theme is “Our Story.”

Highlights of the program include the Black Family Health and Heritage Day, the keynote speaker, Soledad O’Brien, and GospelFest, which will be held at San Joaquin Delta College.

The Health and Heritage Fair on February 6 in the Raymond Great Hall from 9 a.m. to 4:30 p.m. is in partnership with the Thomas J. Long Pharmacy School and will feature a discussion on education and family within the black community.

Soledad O’Brien’s speech continues an impressive lineup of Black History Month speakers at Pacific over the past few years including Alice Walker and Danny Glover. She is a reporter for CNN known for her coverage of the Hurricane Katrina disaster as well as documentaries like “Latino in America” and “Black in America,” the latter of which will be shown in two parts at the Pacific Theater on January 28 and February 4. She will speak on February 3 at the

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ALCOHOL TRANSPORT
WEMYS HOUSE
1-17-10
Officers responded to a call of a subject that was non-responsive. Officers determined subject had been drinking and summoned assistance of medics. Subject transported to San Joaquin County Hospital for treatment.

DISTURBANCE
LARRY HELLER DR
1-17-10
Officers investigated a disturbance involving three subjects, two were juveniles. The adult was advised and the two juveniles were transported to Public Safety where their parents were contacted to pick them up. Report filed.

INCIDENT
STAGG WAY
1-19-10
Officers took a report of a fallen tree branch that struck a car possibly due to high winds. Report filed.

WARRANT ARREST
PACIFIC AVE
1-19-10
Officers arrested a subject on outstanding warrants. He was also found in possession of methamphetamine. Subject transported for booking.

CASUALTY
GRACE COVELL
1-19-10
Received a call of a student feeling ill. Officers responded and determined subject should be transported to St. Joseph’s Hospital for evaluation.

AUTO BURGLARY
KENSINGTON AND MENDOCINO
1-19-10
Victim parked her vehicle off campus and came back several hours later to find her window broken and her stereo missing. Report filed.

ASSIST
COWELL WELLNESS
CTR.
1-20-10
Officers assisted a subject with transportation to St. Joseph's Hospital.

CASUALTY
GRACE COVELL
1-20-10
Officers assisted with a subject suffering a seizure. Medics assisted and subject was transported to Dameron Hospital for evaluation.

AUTO BURGLARY
LOT #7
(BEHIND FRATERNITIES)
1-21-10
Victim reports someone entered their vehicle and removed an iPod Nano. Rear door was found unlocked and no force used to make entry. Report filed.

VANDALISM
BIOLGY BUILDING
1-21-10
Staff reports finding a window broken out.

D.U.I.
PERSHING AVE
1-22-10
Officers stopped a vehicle for traffic violations and determined the driver was under the influence. CHP took over the case and processed the driver.

UNIVERSITY REG
KHOURY HALL
1-23-10
Subject was observed with an open container of alcohol and was cited for the violation.

FOUND PROPERTY
A.G. SPANOS
1-23-10
Officers book property that was found in the stadium after the game.

DISTURBANCE
MONAGAN HALL
1-23-10
Officers responded to a disturbance and found several subjects smoking marijuana. Report filed.

ASuop Remains Strong Amidst Changes

Kobé Armah
Staff Writer

This semester, the Associated Student of University of the Pacific, commonly known as ASuop, has faced many changes. A series of resignations and vacancies threatened to weaken the body but ASuop remains strong through the changes.

The most notable change was Vice President’s Nick Griffin’s departure. Current President Ashley Stubbsfield spoke of the former Vice President by saying, “[Griffin] resigned due to time constraints” and the commitment “took too much time from academics.”

Moving into Griffin’s place is former Senate Pro Tempore, Charlie Moynahan. President Stubbsfield is confident and stressed that “[Vice President] Charlie [Moynahan] has hit the ground running.” To fill Moynahan’s recently vacated seat, School of International Studies Senator Julie Sugano moved in. Sugano will also retain her position as Senator for the School of International Studies. A previous vacancy in the Eberhardt School of Business senate position was filled by Nick Weston-Dawkes. Two senator-at-large positions were filled by Taylor Skinner and Shelby Hogan.

The senate position for the School of Engineering and Computer Science is empty as Roy Lee has stepped down to focus on his efforts as a student. The position is still open.

President Ashley Stubbsfield expressed the idea that ASuop will remain strong through these changes. She said she is “confident in [ASuop’s] ability to transition.” She also emphasized that ASuop is taking applications for remaining vacancies and for next year’s positions: president, vice president and senators. Applications and further information can be found in the Office of Student Life and Involvement on the 2nd floor of the DeRosa University Center. Applications will be due February 12.

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 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 six 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 12.

Reach Out Groups Competition Rankings

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<th>Organization</th>
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Disney Digital Artist Gives Presentation

Blair Paula
Staff Writer

Anthony Schafer worked on the recent film, "A Christmas Carol" as the stereoscopic supervisor. He gave a presentation in the Pacific theater at 5pm on Thursday, Jan. 21 on his work on the film and stereoscopic (better known as 3-D) imaging in general.

Schafer graduated from Pacific's School of Engineering and Computer Science in 1997. He now works at ImageMovers Digital, a company owned by Disney that produces computer-generated films. There, he has worked on new techniques in stereoscopic imaging which is already being used in other films.

The presentation covered Schafer's own career, as well as the history of stereoscopic imaging in film, and the making of "A Christmas Carol." Throughout the event, Schafer used a plain language and plenty of humor to keep even those without knowledge of the subject matter engaged in the topic.

The stereoscopic supervisor explained the technology behind 3-D first, showing how it takes two parallel cameras filming the same scene to capture, indicating that not just any film could be made 3-D. Live action movies had to be filmed that way from the start, although computer-generated films could be retroactively made 3-D, giving Toy Story as an example.

Schafer believes that a film must be able to stand without 3-D for them to be entertaining. He mentioned Friday the 13th part three as an example of a movie with a bad story. He said that, even with stereoscopic effects, you can't make a bad movie good. He insisted instead that 3-D should be used to make a good movie even more engaging.

He discussed the making of "A Christmas Carol," the classic tale of Ebenezer Scrooge's Redemption by three ghosts, which his company worked on as their first film. The movie, starring Jim Carrey as Scrooge, was directed by Robert Zemeckis, of "Forrest Gump" and "Castaway" fame.

Schafer showed video of motion-capture, the method of placing the movement of real-world actors into a digital environment by using special infrared cameras placed all over a special studio. This technique was used throughout the movie to make it as lifelike as possible.

Finally, he explained that high levels of 3-D effects through a movie can cause headaches or nausea. Thus, he and his company varied the intensity of the stereoscopic imaging through the film for the sake of audience comfort.

Towards the end of his talk, Schafer took questions from the audience on his career and a few aspects of the production of "A Christmas Carol."
For Shame: Notes on the Sigma Chi Photoshoot

Ally Mengarelli  
Perspectives Editor

Pacific's own social fraternity, Sigma Chi, recently hosted the rap group The Pack's photo shoot in their university-owned house (as was reported in the News Section). The members of the group arrived at the Sigma Chi house with several scantily-clad women from the agency Model Mayhem. Two members from the rap group proceeded to ask several girls, each in Pacific's social fraternities, if they would join them in similar garments and partake in the photo shoot. Whilst members of Kappa Alpha Theta and Tri Delta gracefully declined, a few members of the two other social sororities joined in on the "fun" and arrived at the Sigma Chi house wearing nothing but underwear, tube socks, and barely-there camisoles.

The degrading, obscene photos taken from the The Pack's "Fraternity Photo-shoot" can be seen on their twitter page. In the first photo one of the band members is seated on a couch within the fraternity, surrounded by barely-dressed women. The couch is placed in front of tables full of empty beer cans and discarded plastic cups. In this photo, one of the prominent members of the rap group, her head in his lap, simulating fellatio.

There are a few more photographs with recognizable female Pacific students posing with members of the group. The one that seems most shocking, however, is the one in which one rapper is seated between two women, one of which is holding a bottle of champagne, the other splayed across his lap, as he rolls a blunt on her naked back.

While it's no secret that fraternities are renowned for their excellent parties and late-night drinking binges, this entire charade took things way too far. Not only are many of the faces recognizable as members of otherwise outstanding sororities, but they are recognizable as underage Pacific students who are showing blatant disrespect for their bodies. The fact that Pacific was not aware of such indecencies makes the show even more horrendous.

In my personal experience with Sigma Chi, I had always been treated well and never had I ever expected such subjugation of women in that household. If there were photos of men in any of the photos perhaps the entire session wouldn’t appear as degrading, but none of the photographs featured a single male (other than the rappers). It is incredibly disappointing that the members of fraternities would allow this type of subjugation of the female body in their living quarters.

Furthermore, I am appalled and ashamed by the lewd, disgusting behavior exhibited by the members of the social sororities - who allowed themselves to be photographed wearing the barely-there attire. As a former Greek, I align myself with the sentiment that sororities are supposed to empower women. They aim to produce independent, strong leaders, not bimbos that hang all over rap-stars whilst catering to their every need. We are supposed to be dispelling the myth that sororities and fraternities only exist to drink, smoke, and dick around. We are supposed to be better than that.

I am not writing this to shed a negative light on fraternities (or sororities); as I stated earlier, I have had many positive experiences with Sigma Chi and remain close friends with some of its members and I know that none of them condone this type of behavior. I also understand that when they signed up for the photo shoot, it was not their intention to exploit their female peers. I also understand that this type of behavior can be seen as harmless and fun, but the fact that some of the women were underage and photographed in such demeaning poses on the fraternity's home-front is appalling. With this said, I hope to raise awareness that this type of behavior should not be celebrated or rewarded.

Feminist Club Responds to “The Pack” Photoshoot

As a student organization, we regret that such an incident could occur on our campus and that numerous students would willingly participate in such lewd acts. We feel it is a negative representation of Pacific's men and women. We see this incident as a direct representation of the larger social issues which condone and encourage the inequality and objectification of women. In the wake of a highly controversial rape incident on campus and the subsequent repeated efforts of the University to address such issues, we especially deplore the incident. How many times does this need to happen? How explicit do the acts need to be in order to question the status quo of gender objectification? We hope you’ll join us in furthering the discussion.

WHAT DO YOU THINK?
Send us YOUR opinions, letters, and comments!
pacificanperspectives@pacific.edu

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.
New Year Resolution: Ditch the Dairy!

Ally Mengarelli
Perspectives Editor

Here we are again: it's another January, another new year. In efforts to keep up with tradition, I have crafted my own New Year’s Resolution: to be healthier. How I plan to do that is by changing my diet and you should too!

Well, mine’s a bit extreme: I plan to go Vegan. This is not only because I am concerned with animal rights, but because I have recently read a number of studies and books which detail the stuff our food is actually made of. And it’s kinda gross.

Alright, so going Vegan is a bit extreme...it’s a way different lifestyle than the one we are traditionally used to, so making the switch won’t be easy. Therefore, to make it easier and more probable that I’ll actually stick to the plan I will phase out certain foods groups each week. This week, it’s dairy.

TOP FIVE REASONS TO DITCH DAIRY

1. There’s pus in your milk. That’s right...it’s not a typo. A majority of the product in cow’s (and goat’s) milk is pus. That’s because when cows are milked, it is not by the traditional, farmer-by-hand-method. In actuality, cows are milked by machine; metal clamps are attached to the cow’s udders, which are extremely sensitive (ladies: think nipple sensitivity). The metal clamps milk the cows to produce ten times the amount they normally should supply a day, which means they are overworked, causing their udders to become lacerated and torn. They become sore and infected and...yep...pus forms, but the machines keep on milking, sucking the dead white cells into the milk. Certainly, milk is pasteurized, but pasteurization only does so much. It means that only the beneficial enzymes are destroyed and less calcium is made available whilst the bad bacteria and viruses continue to thrive. And so, the pus lives on.

Furthermore, radioactive particles are found in milk.

2. Dairy Products cause osteoporosis. Studies conducted at Yale University found that the countries with the highest rates of osteoporosis— including Sweden, Finland, and America—were those which consumed the most meat, milk, and other animal products. Another study showed that though 40,000 million American women have the disease, only 250,000 African women have bone disease. According to further studies, of the forty tribes in Kenya and Tanzania only one—the Maasai—has members suffering from osteoporosis. As it so happens, the Maasai are a cattle-owning, milk-drinking tribe.

3. Dairy makes you Uglier and/or Unhealthy: well, not really in the traditional sense, but it does contribute to a number of maladies such as acne, amnesia, anxiety, arthritis, ADD, ADHD, fibromyalgia, headaches, heartburn, indigestion, irritable bowel syndrome, joint pain, osteoporosis, poor immune function, allergies, ear infections, colic, obesity, heart disease, diabetes, autism, Crohn’s disease, breast and prostate cancers, and ovarian cancers.

4. It is common knowledge in the medical field that dairy is bad for you. Harvey and Marilyn Diamond (authors of Fit For Life II) explain, “Dairy products are disease-producing. They’re harmful. They cause suffering. They’re the perfect thing to eat if you want to be sick and have a diseased body.” The dietitians and nutritionists who are mouth-pieces and cheerleaders for the dairy industry, telling you that dairy products are a good food, should hide their heads in shame—not only for leading the innocent to believe that dairy products are actually valuable, but also for failing to keep abreast of the field in which they are supposed to know something.”

5. Dairy Causes Weight Gain/Obesity. Alas, there is a place for milk— in the very early stages of life. Just like human females, when a cow gives birth, her body produces milk; which can grow an 8-pound newborn into a 24-pound toddler. By design, milk is intended to allow for the biggest growth spurt of a person’s entire life. Yes, we need milk when we are babies. Basically, it doesn’t do shit for us when we’re older than 5. In fact, breast milk alone can accommodate for a 300 percent weight gain in a twelve-month period. When a child is anywhere from 12 to 24 months old, a mother stops breast-feeding her child because a) the child no longer needs the sustenance, and b) the milk dries up. Cows are the same, only their milk is a bit different as cow’s milk grows a 90-lb calf into a 2,000 lb cow over the course of two years.

Dairy products produce nectar, and often the body will develop a cold or “allergies” to fight off the dairy invasion. According to nutritionist Kim Barbouin and former agent for Ford Models, Rory Freedman, “Mother nature is no fool. All species, including our own, have just what we need to get by. She did not intend for grown-ups to suck their mother’s tits (graphic visual, I know). We don’t need our mother’s milk anymore, just like grown cows don’t need their mother’s milk anymore. We are the only species on this planet that drinks milks as adults. We are also the only species that drinks the milk of another species.” Unfortunately, dairy products are found in a butt-load of products. Milk is a common filler in popular snacks, breads, and cereals because it is cheap and easy to get. It all comes back to money—yes, it is true that executives in the dairy industry know that milk does NOT “do a body good.” Still, they continue to exploit that false sentiment in order to sell their products.

Furthermore, milk is NOT a reliable source of minerals complements of pasteurization (refer to reason one). You are much better off getting higher levels of manganese, chromium, selenium, and magnesium from fruits and vegetables. So be smart and ditch the dairy! This may take some vigilance, as you will have to start reading the labels on the foods you eat—make sure to avoid those that use milk as fillers! It’s a big lifestyle change, but you wouldn’t want to be eating pus, now, would you?

Death in Celebrities: Is This Generation Rx?

Viviana Millan
Staff Writer

In looking at both worlds of prescription drugs and celebrities there is a marriage and unity leading to one common result: death.

Celebrities have been dying for decades due to prescription drugs. This is one of the most deceptive forms of abuse, because taking a prescription is socially acceptable since it is written out by a doctor who gives off the impression that he or she cares about the wellbeing of his or her patients.

So many young celebrities have been victims to this form of abuse. To name a few who have died before their years include: Heath Ledger, Anna Nicole Smith, Michael Jackson, Marilyn Monroe, Elvis Presley, Bruce Lee, Jimi Hendrix—the list goes on and on. Whether or not they are or were abusing prescription drugs at one time, the main entities to blame for so many young and unnecessary deaths are their doctors who wrote out their prescriptions, the celebrities who consent to taking such debilitating drugs, and the American society as a whole.

Many celebrities go through a lot of anxiety, depression, and pain due to the pressures of stardom. That is when most are compelled to visit their doctors to go get a pill to resolve their inner problems. The doctor in desperation prescribes either an antidepressant or anti-anxiety pill to take to the “itch off. However in most cases, either the anxiety progresses or previous pill is not enough anymore or the celebrity creates a cocktail from previous prescriptions. The most popular combination that results most of the time in death is combining a psychological drug or sedatives with prescribed painkillers, muscle relaxants and sleeping pills. Many celebrities have medicine cabinets dedicated to all kinds of prescribed painkillers and have created collections and cocktails of all kinds of pills which include; Valium, Codine, Vicodin, Xanax, Percocet, etc. A perfect example of an accidental death due to the combination of six separate prescriptions: painkillers oxycodeone and hydrocodone, sleep aid temazepam and sedatives diazepam (AKA Valium), alprazolam (AKA Xanax) and doxylamine, is with Heath Ledger. The medical examiner claimed, “The manner of death is accident, resulting from the abuse of prescription medications.”

Even other celebrities unbeknownst to them have killed other celebrities by lending out their prescriptions. For example Bruce Lee did not have to die so young. He was given Equasense by a friend because he had complained about having a headache and it thus resulted in his brain swelling and later on to his death due to an allergic reaction.

American society does not help at all due to the fact that several people are prescription drug addicts in the first place and can only see an end to any of their problems by simply popping a pill. This behavior has been accepted for years because it is OK to take prescriptions prescribed by a doctor rather than a drug dealer. Let’s look at this now, are doctors now a辙 legal drugs dealer? Perhaps it is the fault of the consumer, or maybe there is not enough funding for alternative medicine.

As a collective group, it is up to us to become more educated with what is being prescribed and put into our bodies. Any kind of drug whether it’s legal or illegal is going to effect a persons body differently and can result in death.
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**Catherine Vo**

Guest Writer

The Newman Catholic Community is connecting University of the Pacific to Catholic Relief Services (CRS) in order to help victims of the devastating earthquake in Haiti. From now until February 12, staff members of Newman House will be collecting donations from individuals and campus organizations to send to CRS to provide food for families.

How to help: participants pick one day and fast for 1-3 meals and make a suggested donation of $5 per meal. Fasting is not necessary and any donation is welcome.

The money will be sent to CRS, who is providing buckets of easy-to- eat foods and hygiene kits to families in Haiti. $8 can feed one person for five days, and $40 can feed a family of five.

Why should we donate to CRS? CRS has provided assistance in Haiti since 1954 and will continue to do so. They strive to build long-term stability, not just to meet immediate needs. Part of CRS’s mission statement is “to assist people on basis of need, not creed, race, or nationality.” CRS also meets the Better Business Bureau’s 20 Standards for Charity Accountability, guaranteeing that your donations will be used effectively, efficiently, and honestly.

We, the Newman Catholic Community, invite you to join us in our efforts to help the earthquake victims of Haiti by fasting, donating, and spreading the word around campus. We want the campus to come together as one, regardless of faith or background, to help a people in need.

Donations will be collected several ways. They can be turned in at mass on Sundays, 8pm, at Morris Chapel, at our table outside of the DeRosa University Center (dates TBA), or to staff members of Newman House. If you are fasting with a group/organization, then one person should be responsible for collecting the donations of the entire group to turn in to us. If none of the above ways work for you, please email us and we will try our best to work something out.

To sign up your organization or yourself, email pacificfastforhaiti@gmail.com with the organization name, names of group members, phone numbers, and how much you would like to donate.

For more information on how our program works, how to donate, facts on fasting, and updates on the situation in Haiti, visit our Tumblr site at pacificfastforhaiti.tumblr.com or email pacificfastforhaiti@gmail.com.

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**Calci-YUM!**

One of the most abundant minerals in the human body, Calcium, is found mostly in bones and teeth. We need calcium to help prevent against bone degenerative diseases like osteoporosis, as the mineral helps to strengthen and maintain bone density. Calcium is also important in blood clotting, muscle contraction, and cell membrane function (too name a few!)

Can you name Calcium sources, other than Dairy products? Spinach, kale, Swiss chard, collard greens, and basil are all very good sources of calcium. In fact, your body may respond better to calcium in plant based foods over animal sources due to high protein amounts in milk. Load up on dark leafy greens, sesame seeds, garlic and tofu to get the 1000mg/day recommendation.

Don’t forget about Vitamin D, which is necessary for calcium absorption and utilization! Vitamin D is found in salmon, sunshine, eggs, and milk.

Want more Vita-Yum? Friend NutriCat on Facebook or email nutricat@pacific.edu.

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**Restaurant Review:**

**La Palma Mexican Cuisine**

**Natalie Compton**

Staff Writer

Classier than Chipotle and cleaner than Casa Flores, La Palma Mexican Cuisine is one of the tastiest new additions to the Miracle Mile.

This new Mexican eatery is family owned, nearly decorated with colorful Mexican flair, and staffed by the utmost attentive people who are more than willing to please.

La Palma offers breakfast, lunch, and dinner, as well as catering, take out service and a bar.

When it comes to drinks, this restaurant will quench any thirst. Domestic, Mexican and craft beers, and various wine margaritas. Aside from sodas and juice, La Palma also serves hot teas and horchata, a sweet Mexican drink made from rice and cinnamon.

The menu is full of creative and appetizing options, ranging from soups to seafood. Every dish tastes fresh and carefully crafted, whether it is a guacamole appetizer or a La Palma Special. Even the chips are delightfully made from 100% cholesterol free oil.

Fish lovers will not leave La Palma unsatisfied. The restaurant boasts a fan favorite plate of fish tacos comprised of three tacos of breaded tilapia topped with lettuce and a special La Palma Sauce served with a side of rice and beans.

For those looking for a meaty dish, the shrimp carne asada is sure to please.

Though vegetarian options seem sparse at first glance, the staff is more than willing to replace meat with vegetables from most of the dishes. Try the Sizzlin Fajitas that feature a plethora of vegetables on a hot platter accompanied by corn or flour tortillas, rice, beans, sour cream and guacamole.

In addition to the traditional Mexican creations, La Palma also has some surprising and original menu options such as a spicy buffalo wing appetizer and Chile Colorado, a hearty mean dish made up of chunks of beef in a thick, creamy, red Colorado sauce served with rice and beans.

Prices range from $7 to $13 for entree items and portions are more than enough to fill your stomach.

To end the meal on a sweet note, having a dessert is a must. Choose from home made flan, deep fried ice cream or arroz con leche, a sweet rice dish called.

Located at 2301 Pacific Avenue, La Palma has a great corner location that makes it easy to spot. It is open everyday from 10 a.m. to 9 p.m., take reservations.
Cheaper Alternatives to Textbooks

**Kelly Asmus**
Staff Writer

Textbooks are not cheap, and the economy is not helping textbooks get any cheaper. Trying to stretch a dollar does not have to be difficult. You can find the same textbooks you need from the University bookstore at other locations, usually, for an even lower price. The University bookstore does not have a nice set up that works for some students. Their line of credit for getting the textbooks you need helps the student if they cannot come up with the funds necessary right that moment. However, if you have most of the money right now, I recommend checking out these other sites for your textbooks.

Shopping around helps you find the best deal for your money, and that’s the key right now to making it through the rough economic times.

First up, Barnes and Noble online (www.bn.com) actually supplies our university bookstore, so prices are similar to those in the bookstore, but on average, Barnes and Noble offers books about $8 cheaper if new. Generally with Barnes and Noble, shipping is free if you spend over a certain amount, but if they do charge you prices are usually reasonable and packages arrive rather quickly. Often, there will also be deals online that enable you to get books even cheaper.

Up next is Amazon.com. Amazon is another great resource. Prices are usually right around the University bookstore's ticket price for used books, but from Amazon you’re getting the book brand new. Shipping is usually free on orders of $25 or more, so if you are getting textbooks, you do not have to worry about shipping costs. It takes about a week to ship, but plan ahead so you can get them right when you need them.

Both Barnes and Noble and Amazon.com have hidden savings. Both online bookstores offer you an option to buy used from one of their partner dealers. Personally, I have bought used books from Barnes and Noble’s partners and have not had any problems. Sometimes the partner dealers may take a little extra time to ship, mainly depending on location of the dealer, but packages still arrive in good condition and offer more cheaper options than any of these options I have listed here. Barnes and Noble and Amazon also offer individual descriptions of the used books they offer so you can pick the best offer.

There is one more choice for cheap textbooks, but it’s a little different than the other options in this article. Be warned though, because if you like to keep or mark up your textbooks, this option is probably not for you. Chegg.com offers a way not only to buy, but to rent your textbooks. Students are able to rent them for the semester, then mail them back. They offer rentals, purchases, and an option to sell your textbooks to them. Shipping time can depend on where they are having it shipped from, but it is usually not a terribly long wait. When returning a book, a prepaid return label is provided, but the book must be postmarked by their specified return date. If it is not postmarked by their due date, you do get charged an extension fee, so just get the return back in the mail on time and you will have no problems. The nice thing I noticed was, out of all the book rental prices I checked, none of them went above $50, so it’s a really good deal compared to buying. There are plenty more options out there; if you do the research, you will save the money.

**Textbook Price Comparisons**
compiled by Kelly Asmus

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**Movie Review: The Book of Eli**

**Courtney Wood**  
Staff Writer

The Book of Eli entertains with vigorous action while inviting its audience to contemplate the spiritual side of the end of civilization.

In a post-apocalyptic world where there is no soap, water is scarce, and everyone is on their guard, little hope seems left for humanity. Denzel Washington plays Eli, a wandering, sword-wielding Holy Man who is on a 30 year mission to carry a certain sacred book to its designated destination. Eli is bestowed with “God-given” abilities and seems to have a shield of protection surrounding him, which is useful because the desolate world is full of bandits and other malicious individuals.

Eli drifts into a town controlled by a power-hungry man named Carnegie (Gary Oldman), who is tirelessly searching for the very sacred book that Eli has in his possession. The book happens to be the only one left of its kind. Reluctant to part with his treasured possession, Eli holds against Carnegie and his henchmen, trying to fulfill the task that he has been assigned to accomplish.

The Book of Eli is yet another “end of the world” sort of tale that uses a few pieces from other books and movies as source material; however, it takes a bold, interesting move by making the Bible a central character. The film’s primary message seems to be that hope for humanity is directly linked to the survival and remembrance of scriptures of the Bible.

Much of the film’s setting consists of vast stretches of dusty land littered with scraps of metal, abandoned vehicles, and ransacked buildings. The entire film seems to be covered in a neutral, brownish hue; no colors really stand out except for the blue of the sky. Washington and Oldman do a fine job of believably crafting their characters into the products of the ravaged world in which they have come to live. This bleak construction of the world is entirely fitting to the film’s story, even though the sight of a barren post-apocalyptic wasteland will probably seem familiar or old hat to frequent movie-goers.

Swift scenes of combat keep this film rolling along at a steady pace, never allowing it to drag. Eli’s invincible fighting skills and the supernatural barrier which protects him render his opponents weak and incapable in comparison.

In between the action scenes, the interesting story that emerges will leave several elements for the audience to ponder. An intriguing twist occurs at the film’s end that will no doubt make some audience members want to re-watch the film in order to find clues they missed on the first viewing.

One of the few setbacks is that the entire film has an air of ultimate seriousness and dire consequences. There are very few moments of comedic relief, which makes the film’s tone feel continuously solemn.

Although The Book of Eli begins its tread in a familiar plot direction, the film’s journey ends at a fresh destination.

**“Give a Day, Get a Disney Day” Volunteering Program**

**Andy Lee**  
Pacifican Staff Writer

Disney has started a new program that’s picked up a new trend. Similar to an announcement by popular music artist, Lady Gaga, who is giving a free ticket to her show to anyone who volunteers for a day at an organization, Disney is also giving anyone who volunteers a free one-day ticket to Disneyland. A one-day ticket to Disneyland is currently valued at $72, but one day of service to a volunteering organization is priceless.

Also, Disney offers many options in a volunteer’s choice of location. A local search at Stockton has over eleven pages of choices, but all are over ten miles away from Stockton.

Colin Lo, a freshman who also participates in Key Club, a volunteering organization, says, “I think it’s a great idea!”

Interested individuals can go to GiveADayGetADisneyDay.com for more details.
Women’s Basketball Plays Pink This Saturday

Rachel Freeman
Sports Editor

This Saturday, Jan. 30, the Pacific women’s basketball team will be sporting pink uniforms for the third annual Pacific Plays Pink game. The Tigers have teamed up with St. Joseph’s Medical Center, in order to raise awareness about breast cancer.

Pacific Plays Pink is part of a “Think Pink” initiative started by the Women’s Basketball Coaches Association. Over 600 schools participate in this initiative that raises awareness for the most common type of cancer among women in the United States. Breast cancer accounts for nearly one in three cancers diagnosed in U.S. women, according to the American Cancer Society (ACS). The ACS estimates 212,920 women were diagnosed with invasive breast cancer last year while one in eight women will develop this type of cancer during her life. The specially made pink uniforms that the women’s basketball team will be wearing will be auctioned off after the game, with all of the proceeds going to St. Joseph’s Medical Center.

Donation baskets will also be sent through the stands at halftime and there will be a raffle. Last year’s event raised over $11,000.

Fans are asked to wear pink to the event, which begins at 4 p.m. in the Spanos Center as the Tigers take on UC Riverside.

Tigers Close Weekend 2-1 With Win Over New Mexico State

Athletic Media Relations

With the Pacific women’s tennis team win over New Mexico State (6-1) on Sunday, the Tigers improved their record to 2-1. Pacific dropped only a singles and a doubles match in their near sweep of the Aggies who fell to 1-2.

With doubles matches tied 1-1, the tag team of junior Olga Gumenyuk and freshman Julia Hansen went to work on Natalia Salum and Ginet Pinero. The pair pulled out the No. 3 doubles position 8-5 to give Pacific its first of four straight points.

Junior Jennifer Widjaja continued to prove her No. 60 ranking in singles play, downing Isabela Kulait 2-0 (6-0,6-0) in the No. 1 singles position without allowing Kulait a single game.

Freshman Christina Goehl improved to 3-0 in the No. 2 position with her 2-1 win over Sophia Marks. Goehl took set one 6-0 before Marks rebounded to win the second set 6-4, forcing a tie-breaker. But Goehl would outlast the Aggie 10-4 to win the deciding final set 1-0.

Pacific then led 3-0 when Hansen secured its win after defeating Pinero again, this time in the singles three position 2-0 (6-4,6-1). Gumenyuk and senior Sasha Fisher also picked up wins in the contest.

The Tigers head back home on Jan. 30 to face Saint Mary’s College for their first match-up on the Hal Nelson Tennis Courts in 2010. The match is slated to begin at 2 p.m.

Take a Time Out to Read for Success

Natalie Compton
Staff Writer

A deafening roar could be heard from the Alex G. Spanos stadium at the mens’ basketball game against UC Davis last Saturday. The noise was not from the cheers of spectators, but from people of all ages reading aloud in the name of literacy.

During the four-minute media timeout during the game, which was televised by ESPNU, everyone in the stadium was asked to stand up and read aloud from books and magazines. This demonstration was a product of the Library & Literacy Foundation for San Joaquin County and the University of the Pacific called, "Take a Time Out for Reading."

This display was just a part of a larger movement to improve literacy rates in the San Joaquin County. Stockton, once rated the most illiterate city in the nation, is now the in the fourth place slot, but the city is not taking this issue lightly.

“We know of the challenges that face our community,” said Nabeel Cajee, member of the Board of Directors of the Library and Literary Foundation.

"Take a Time Out for Reading” can be a call to action to face those challenges. The Foundation is looking to usher in a literary movement that involves many organizations to work together towards bettering the city.

"Literacy can open up doors for better educations and jobs," said Cajee. "The demonstration brought in an almost completely packed stadium, over 1,000 books donated to the Foundation and a Tiger victory over the Aggies, 77-61."
Demetrece Young Earns Big West Player of the Week

Athletic Media Relations

Tiger Junior point guard Demetrece Young was named Big West Conference Player of the Week on Monday, Jan. 25. He led the Tigers to wins over Cal State Fullerton and UC Davis last week.

Demetrece had a career-high 22 points on Thursday in Pacific’s win over Cal State Fullerton, and in Pacific’s balanced lineup became the first player to post a 20-point game on the season. He hit six of seven three-pointers against Cal State Fullerton and two of three in the Tigers’ win over UC Davis to knock down 80% on the week.

As the Tigers’ point guard, he had six assists and no turnovers on the week, running the team for all but 12 minutes. He averaged 17.0 points, 2.0 rebounds and 3.0 assists per game in Pacific’s two games.

It is the first Player of the Week honor for Pacific since Chad Troyer was selected on Jan. 28, 2008.

Pacific is 12-6 overall and 5-1 in the Big West. The Tigers are next in action at UC Irvine on Thursday, Jan. 28.

Athletic Training Tip of the Week

How FITT are you?

The FITT principle highlights 4 aspects to maintaining an active lifestyle. FITT stands for: Frequency, Intensity, Time and Type.

Frequency describes how often one exercises. Exercising 3-5 days a week is suggested by the American College of Sports Medicine (ACSM). Intensity refers to how hard one exercises. ACSM also recommends that individuals exercise within a 60-90% intensity range, which may be calculated by ones Heart Rate (HR) max. Among the ways to establish ones target HR range, is using the age predicted formula as determined by subtracting ones age from 220 then multiplying by the percent intensity one is aiming for. For example if one is 21 years old then their HR max is (220-21) 199. If this individual were interested in training within a 60-70% intensity range they would be aiming for their HR to be within (199 x 0.6 and 199 x 0.7) 119.4 and 139.3. Time refers to how long one exercises. ACSM advises that 20-60 continuous minutes be spent exercising. The Type of exercise participated in may be continuous or incremental. Continuous exercise targets large muscle groups. In this way, HR is increased gradually and required to be maintained for longer periods of time, such as with walking, running or cycling. Will you take in to consideration how to stay FITT now?

Sports This Weekend

FRIDAY
Men’s Volleyball vs. UCSB
7 p.m.
Spanos Center

SATURDAY
Women’s Swimming vs. UCSB
11 a.m.
Kjeldsen Pool
Men’s Swimming vs. UCSB
11 a.m.
Kjeldsen Pool
Men’s Tennis vs. UCD
11 a.m.
Nelson Tennis Courts
Women’s Basketball vs. UCR
4 p.m.
Spanos Center

Tiger X Schedule for Week of Jan 28 - Feb 3

1/28
Pilates: 8-8:45 a.m.
wood Room
Lunch Time Yoga: 12-1 p.m.
Wood Room
Cardio Dance: 5-6 p.m.
Wood Room
Cycle: 6-7 p.m.
Rubber Room
Capoeira: 7-8 p.m.
Rubber Room

1/29
Yoga: 8-8:45 a.m.
Wood Room
Boot Camp: 1:30-2:30 p.m.
Wood Room
Hip-Hop: 3:00-3:50 p.m.
Wood Room
Cycle: 6-7 p.m.
Rubber Room

2/1
Cycle: 12-1 p.m.
Rubber Room
Cardio Dance: 4-5 p.m.
Wood Room
Yoga: 5:30-6:55 p.m.
Wood Room
Cardio Kick I: 7-8 p.m.
Wood Room
Cycle Fit: 7-8:00 p.m.
Rubber Room
Cardio Kick II: 8-9 p.m.
Wood Room

2/2
Cycle Fit: 7-7:45 a.m.
Rubber Room
Fit & Functional 8-9 a.m.
Wood Room
Lunch Time Yoga: 12-1 p.m.
Wood Room
Cycle: 7-8 p.m.
Rubber Room
Yoga: 5:30-6:55 p.m.
Wood Room

2/3
Circuit-Fit 1-1:30 p.m.
Rubber Room
Zumba: 4:30-5:30 p.m.
Wood Room
Yoga: 5:30-6:55 p.m.
Wood Room
Now Accepting Pacific Cash!!!

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IPA, Luna Blanca, Tavern
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New Release - Barley Wine
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Wednesday Nights
UOP Jazz Jam
Jan. 27 & Feb. 3,10
$2 Refills
$4 Keep the Glass

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FEBRUARY 7, 2010
PARTY STARTS AT 12 NOON
WEAR YOUR TEAM COLORS!

SUPERBOWL SPECIALS

$15 - ALL YOU CAN EAT
HOT DOGS, CHIPS, CHILI, SODA

$5 - BEER PITCHERS ALL DAY
OF SELECTED VALLEY BREW BEERS

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Microbrewery Tours Available
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No Charge for UOP events
Faculty and students