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The Pacifican February 18, 2010

University of the Pacific

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Pacific Joins Competition to Raise Environmental Awareness

Media Relations

The University of the Pacific has joined a nationwide competition among colleges and universities seeking to reduce the most waste and recycle the most materials over a 10-week period. The competition, which involves 607 colleges and universities, will run through March 27.

RecycleMania 2010 is designed to increase recycling by students and college employees across the country and to raise awareness about the importance of on-campus sustainability programs. The competition, which started on Jan. 17, includes colleges and universities in 49 states, the District of Columbia and Canada. UC Davis, Santa Clara and Stanford universities are among 40 California schools participating.

"We thought this was a great opportunity to raise environmental awareness among students and the entire Pacific community in a fun, competitive way," said Jaiya Ellis, project coordinator for Student Life Sustainability Programs. "Not only will this help make Pacific a more sustainable campus, it will help build on existing university-wide environmental programs."

In preparation for the competition, Pacific has purchased 1,200 seven-gallon blue recycle bins for campus residence halls and University apartments. Students are urged to fill their bins with paper, cardboard, cans and bottles. Each week Pacific submits reports on the amount of recyclable materials, waste and general trash collected.

The school that recycles the most materials per capita, produce the least amount of waste, and recycles the largest percentage of their overall waste, will win the competition. In 2009, 510 schools collected over 694 million pounds of recyclables and compostable organic materials.

RecycleMania began in February 2001 as a challenge between Ohio University and Miami University. It is now administered by the nonprofit organization "Keeping America Beautiful (KAB) in partnership with the U.S. Environmental Protection Agency's WasteWise program.

For more information contact Jaiya Ellis at 209.946.2763 or jellis@pacific.edu or go online at http://www.recyclemania.org.
Students to Clean Up Oak Grove Park

For the third year in a row, University of the Pacific students will donate a Saturday to work for the community. The students will clean up Oak Grove Regional Park and work on landscaping projects alongside employees of the park and the Oak Grove Nature Center. This is part of Pacific’s 3rd Annual Campus Day of Service, which will be held from 9:30 a.m. to 12:30 p.m. February 27. The event is organized by Pacific’s Center for Community Involvement (CCI).

“The not only does the Stockton community benefit from Campus Day of Service and the work the volunteers do, but the Pacific community benefits from seeing one of the many things Stockton has to offer,” says Ruben Cruz, Pacific’s Reach Out Coordinator. These projects also drive home the idea to students that everyone is responsible for the community they live in.”

Up to 100 students, faculty, and staff members from the Stockton campus are anticipated to sign up for the project. Oak Grove Regional Park was selected for this year’s project because it offers many different recreation opportunities to the Stockton community, including a mini-lake with paddle boats available for rental, group picnic areas, an indoor nature center, and a nature trail.

Last year, for Pacific’s Community Day of Service, the CCI worked with Stockton’s Community Service Department to do a major renovation project at Oak Park. Volunteers painted, landscaped, and otherwise cleaned the park in order to improve the facilities for Stockton residents. That event attracted more than 100 students.

The CCI, formerly known as the Anderson Y, has been part of the Pacific campus for nearly a century. The center offers tutoring to area school students, organizes community volunteer efforts and runs the “Partners in Education” effort where local school children spend a day exploring college life.

For more information please visit Reach Out’s website at www.pacific.edu/reachout or contact the CCI at 209.946.2444, cci@pacific.edu.

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

<table>
<thead>
<tr>
<th>Organization</th>
<th>Hours Logged (on Reachout as of Feb. 16)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Phi Omega</td>
<td>771.25</td>
</tr>
<tr>
<td>Sigma Chi</td>
<td>479.25</td>
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<tr>
<td>Alpha Phi</td>
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<td>Circle K</td>
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<tr>
<td>Omega Delta Phi</td>
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</tbody>
</table>
Now Vs. Then

Harmful ingredients in our food

Natalie Compton
Staff Writer

In the days of our forefathers, or just our grandmothers, eating was simple. Eating during this generation, however, can be not only complicated, but sickening as well.

Today, the average shopper doesn’t buy food to cook plates from scratch. Modern shoppers are shopping for instant meals with fewer fusses, fewer dishes, and fewer nutrients. What they are getting more of are chemicals.

Past generations of shoppers went to the grocer to pick up some 12-ent ingredients, and then used a recipe to concoct one dish or another. If it was chicken potpie, there was chicken in it. If it was called butter, there was churned milk in it.

Then, fat free usually pertained to milk, and the claim was usually true. Now, when a packaged food is fat free, it only means that there is less than .5 grams of fat in the product per serving.

Though everyone needs a little fat in his or her diet, the fat that people are picking up in the frozen food section are less than choice picks. Once again, the scientifically laced food sold in supermarkets today can be filled with a health disaster: partially hydrogenated oils. These oils are fat at its finest.

The oils are in all kinds of food including bread, margarine, cookies—in short, anything that has an unusually long shelf life is a suspect of harboring these foul oils.

The partially hydrogenated oil is chock full of trans fat. It will mess with a person’s metabolism and enter the body where it will be treated as food, but the bloodstream cannot absorb it so it gets stored as fat.

Besides the fact that these oils can make consumers fat, they also carry more serious side effects. These oils lower good cholesterol while raising the body’s bad cholesterol, and every year trans fats have been considered responsible for 30,000 premature deaths.

The sad dilemma of the partially hydrogenated conundrum—which is in stuff like Oreos, Tiger Milk bars, and bread in restaurants—is that no one really knows about them.

With expert marketing by big corporations, partially hydrogenated oils now have a new name to hide behind: mono-diglycerides. Though not completely the same, this oil is just as harmful to the body.

One of the most shocking truths of this industry is that these oils may be used in the first place. Canada and many European countries have banned or set dates to ban these oils. What is America waiting for?

I see people driving places when they could be walking, eating McDonalds when they could be noshing on vegetables, buying Twinkies instead of turnips. I believe, in part, that the reason for these unhealthy behaviors is that people are not aware of the consequences of their nutritional actions. I do not believe that they are aware of the 700 calories or the 32 grams of fat (which include trans fat) in a KFC Famous Bowl.

When our grandparents meandered the aisles of the grocery store, they were not faced with the same chemically-altered options. They picked from the breakfast cereals their children liked best without fear of nutritious ingredients or childhood obesity.

The food market today is a collaboration of science, profit, and lies. The majority of the population is being swindled and manipulated by corporations who know that red will make hungrier than blue.

These companies know how to hook their audiences and bring them in for capital without cardiac arrest and calories in mind.

In the documentary film “Food, Inc.” we are told that we are capable of cleaning up this chemically contaminated industry. Every time we buy something at the store, we are communicating with food companies what we want them to keep producing. By supporting foods with partially hydrogenated oils, we are supporting their continuation on our shelves.

It is hard to ignore the fact that partially hydrogenated foods taste good, but let us remember the fact that they are deleterious to our health. We too can live like our parents’ parents and cook real food, with real ingredients and real nutrition.

A Letter from the Pacific Tiger Dancers

Dear Pacific Community,

On behalf of the Tiger Dancers and Athletic Marketing we would like to express our sincerest apology for the song that was selected during the Pacific Men’s Basketball game on Thursday, February 4th that contained a racial epithet.

It is not our intent to offend anyone based on race, gender or nationality, as we do not condone the use of such derogatory language. Unfortunately, we did not recognize the word. Had we known it was in the song, we would have removed it by editing it out. A stricter policy within the department has been developed to ensure that this never happens in the future.

Once again, we express our sincerest apology as we personally understand the impact that these words can have.

Sincerely,
Pacific Tiger Dancers
The Republican
Ruben Moreno
Business Manager

Career Democrat politicians are in big trouble this year. Jerry Brown, a former California governor and secretary of state, and also a former mayor of Oakland is now considering his party nomination yet again. He is the likely winner for the nomination as Mayor Gavin Newsome pulled out of the race citing “personal reasons.” It is also unlikely Dianne Feinstein will pull into the race; though in politics, one never must assume anything as surprises are not uncommon.

On the right side we have former CEO of Ebay Meg Whitman running in the primary against California Insurance Commissioner Steve Poizner. This primary is being considered one of the bloodiest in California Republican politics as both contenders have deposited millions of their own dollars in their campaign war chests. I feel both candidates are well qualified to take on the governor’s mansion. Whitman and Poizner both built up billion dollar companies in the Silicon Valley which goes to prove their sense of what economic strength and business are. These traits are very much needed these days in Sacramento as California is experiencing one of the worst recessions in its history.

In the US Senate race, we have our current senator Barbara Boxer running against three potential Republican nominees who include former CEO of Hewlett Packard Carly Fiorina, former Congressman Tom Campbell, and State Assemblyman Chuck DeVore. In this race, I lean toward supporting Mrs. Fiorina. I believe in the current economic meltdown, the wisest thing a Californian could do is vote in a career business person. Fiorina was given a lot of the credit at Hewlett Packard for doubling the annual revenue and for the merger with Compaq. Her experience in the private sector may be the very reason why voters may choose her for office.

It’s time for a change California. Boxer has been in office too long and has not done enough. She has constantly voted time and time again for bills in the senate that hurt California. She is a far left wing liberal who cares less about what happens in her home state.

It’s also time to vote in a business person to the governor’s mansion. We have spent too long voting and playing around with public funds in Sacramento which is leading to an unhealthy path to bankruptcy. Thank you California State Senate and Assembly, and let’s not forget to thank all the unions out there for California’s troubles.

The Democrat

Ally Mengarelli
Perspectives Editor

The recession has further hurt California’s economy. The political process seems broken, given that voters were deeply disappointed by both Republican and the Democratic legislature. Essentially, California needs a governor that will get us out of what Washington Post refers to as “one of the most crucial times in the modern history of California.”

Analysts say both Jerry Brown and Diane Feinstein will run for the position of California’s governor, even though neither has announced their candidacy. Both have an arsenal of experience. Diane Feinstein notably paved the way for women in politics having been the first female President of the San Francisco Board of Supervisors, the first, and only, female mayor of San Francisco, the first woman to serve in the Senate from California, and the first woman to chair the Senate Rules Committee and Senate Intelligence Committee.

Brown has also spent a considerable amount of time in office, having already served as governor from 1975 to 1983. Brown understands “the complexities and subtleties of how the state is wired together.”

Both Feinstein and Brown have proved their dedication and contribution to California. It seems that in order to restore balance and prosperity to California, we need to have an experienced governor we can trust...someone who has already shown us they have served successfully.

Basically, we can’t take any more chances—vote Democrat!

We Need a Journalism Program

Christiana Oatman
Staff Writer

Pacific prides itself on having a large variety of majors with a small professor-student ratio. There is an emphasis on “student-centered” learning. The diversity and personal attention is part of what makes Pacific unique and great. Programs range from education to English to economics to electrical engineering. But look around in the catalogue and you will notice there is no journalism program.

The Communication major is the closest Pacific has to a journalism program. The department offers classes that are related to journalism such as Media and Society (COMM 303) and Writing for Media (COMM 132). Occasionally, a special topics course will focus on journalism, but for the most part, the Communication Department focuses more on broader topics such as theories behind communication methods, various communication methods (nonverbal, intercultural, public speaking, etc.) and public relations. Knowing how to communicate in any venue is important for journalists, but students who want to pursue broadcast, written or online journalism as a career want more education and experience than that.

Pacific offered even a journalism minor within the Communication Department, it could bring in more students who want to both grow as
Chinese Heritage Union Rings in the Year of the Tiger

Vivian Lee
Lifestyles Editor

This Tuesday night, students celebrated the Lunar New Year at Pacific by eating traditional treats and learning about the Chinese culture with the Chinese Heritage Union. The John Ballantyne basement was brimming with tables full of traditional Chinese foods as well as tables full of students playing (or trying to play) the game of mahjong.

President John Chu said a few words about the club as did advisor Professor Qingwen Dong, from the Communication Department. Chu mentioned the significance of the color red in Chinese celebrations, and future club meetings, and Dong wanted to congratulate the idea of bringing new traditions in to mix with traditional Chinese culture.

Students participated in mahjong games and also learned calligraphy. Red envelopes were provided, which included a chocolate coin and information about club meetings. At the Lunar New Year, red envelopes are usually given to youth, and are filled with money to signify a prosperous new year.

The Chinese Heritage Union meets every Tuesday at 8 pm in the basement of John Ballantyne. For more information, check out their Facebook group or email Chrissy Go at c_go@pacific.edu.

Movie Review: Valentine’s Day

Courtney Wood
Staff Writer

Last weekend, Valentine’s Day dropped into theaters just in time for the holiday of the same name. This romantic comedy, though it does have its heartwarming and hilarious moments, relies strongly on the mere presence and abundance of the celebrity names; however, it should be relying on a script with depth and development.

There are so many mini-plots slotted into this movie that trying to cover them all and link them together is a daunting task; the lengthy synopsis may feel a bit like playing a game called “spot the movie.”

The character that gets the most screen time seems to be Reed (Ashton Kutcher), a florist who proposes to his career-focused girlfriend Grace (Jessica Alba) on the morning of Valentine’s Day.

Among Reed’s friends are five grade schoolteacher Julia (Jennifer Garner) and the happily married Alphonso (George Lopez). Julia is dating a man (Patrick Dempsey) whom she thinks is the bee’s knees. Julia’s lonely friend Kara (Jessica Biel) is a publicist for football star Sean (Eric Dane). Kelvin (Jamie Foxx) is a second-tier sports newscaster whose boss (Kathy Bates) is making him do a filler Valentine’s Day piece, but he really wants Kara to get him an interview with Sean so that he move into the top sportscaster position. Sean’s agent (Queen Latifah) has a receptionist named Liz (Anne Hathaway), who is dating Jason (Topher Grace), a mail room worker at the same office. Edison, one of Julia’s young students, finds his way into Reed’s shop to order a special valentine for his crush. Edison lives with his grandparents Estelle (Shirley MacLaine) and Edgar (Hector Elizondo).

There are several funny moments in the film, even the film’s star-studded ensemble cast can only make this airy romantic comedy taste slightly sweeter than a mediocre box of chocolates.

Nutrition Myth: Don’t eat after 8PM at night.

There is a popular myth that if you consume calories after 7 (or at night), you will gain weight. The truth is, a calorie is a calorie no matter when you eat it. If your busy schedule doesn’t allow you to eat dinner at a “normal” hour, fueling your body when you have time is better than not eating at all. But do keep your evening meal light. Too much food will keep you up at night as your body still has to breakdown the fuel. Head to the Lair for a late-night dinner and grab the new ‘NutriCat Approved’ bundle: ½ a piadini with crudites.

Friend NutriCat on facebook for more healthy eating ideas at Pacific.
Pacific Crew Gearing Up for Their Season

Janet Cheung
Guest Writer

On Saturday, Feb. 6, Pacific Rowing put forth an outstanding performance at the 2010 Golden State Indoor Rowing (GIRC) Championships held by the Sacramento State Aquatic Center. During the cold winter months, athletes train for spring regattas indoors on ergs, the same rowing machines found in Baun. This allows rowers to continue training for 2K meter races even though the weather conditions don’t allow for outdoor outdoors. The Golden State Indoor Rowing Championships provide a unique opportunity for rowers to demonstrate their individual performance rather than in a group. Pacific Rowing participated alongside UC Davis, Sacramento State, and Cal Maritime. A total of 350 athletes competed in 24 events. Andrew Mendoza took home the gold medal in the men’s under 23 lightweight category with a 6:51.6 and Bowen AuYoung also medaled bronze with 7:03.4 in the same event. Even though they did not medal, Bryan Fraser came in fourth in the Men’s under 23 lightweight and Andy Frei was 5th in the Men’s under 23 open category. With such a successful outcome at indoors, there is much anticipation for the regattas that Pacific Rowing will take on this season.

Learn-To-Row on Saturday, February 20, 9:00 AM in the Main Gym

To reserve a spot, contact Janet Cheung (209) 946-CREW

Sports This Weekend

FRIDAY
Baseball vs. San Francisco 6 p.m.
Klein Family Field

SATURDAY
Softball vs. Santa Clara 12 p.m.
Simoni Field
Softball vs. Santa Clara 2 p.m.
Simoni Field
Women’s Basketball vs. LBSU 3 p.m.
Spanos Center

SUNDAY
Women’s Water Polo vs. Santa Clara 12 p.m.
Kjeldsen Pool

Interested in writing for Sports?
Get up close and personal with your favorite players!
Email us at pacificansports@pacific.edu!

Athletic Training
Tip of the Week

How to rehab after injury/surgery

This tip of the week will teach you a little bit about designing a rehab program. After reading this, you will know some of the goals and tools used by the rehab clinician when they are rehabbing a patient.

There are 4 phases you go through when going through a rehab program. Phase one deals with controlling inflammation. The goals here are to limit pain and swelling. The rehab clinician may use PRICE (protection, rest, ice, compression, elevation) or therapeutic modalities to help control inflammation. Once pain and swelling have been controlled and tissue has sufficiently healed, the patient can go to phase two of the rehab program.

In phase two, you will try to restore range of motion (ROM) and still meet the same goals as in phase one. The tools used may be passive and active exercises. When ROM is about 80% of normal, pain and swelling still controlled, you may move to phase 3 where you want to start developing strength.

Here, you want to regain full ROM and regain everything you lost. Tools used might be polymeric, free weights, machines, etc.

You may move to phase 4 when ROM is pain free and strength is about 80% normal. In the final phase, you may start doing sport specific activity and still work on regaining strength, power, and endurance. The same tools can be used from phase 3, but this time you can add sport specific skills and conditioning.

Now you have an idea about rehab. You may just be able to help out a friend with their rehab or have an idea what to expect if you are going through a rehab yourself.
**Men's Club Rugby Match This Weekend**

Rachel Freeman  
Sport Editor

Men's club rugby will play host to San Francisco State University in a league match this Saturday, Feb. 20 at 2:30 p.m. The team is part of Division 2 of the Western College Rugby Football Union. It is the Tigers against Melloh, but it was for another leadoff double down the left field line this time off the bat of freshman Nikki Armagost, only to strand her at third base to end the inning. The double was Armagost's first collegiate hit after going hitless in her first day of action despite picking up two RBI.

After a quiet fourth in which the Tigers picked up only a one-out single from junior Lindsey Pierce, Pacific put together yet another optimal scoring opportunity in the fifth, only to deny themselves. With back-to-back singles to start the inning, the Tigers again failed to get down the sacrifice bunt, lining into a double play before running into an out on an attempted steal to end the inning. The Tigers would go quietly in the sixth, seventh and eighth. In the circle for the Tigers, Armagost picked up her first collegiate start. It did not take long for the freshman pitcher to show why she was the Gatorade Player of the Year in Kansas last season as she mowed through the top of the order in just seven pitches. In the second, Armagost was nearly as impressive as she only need eight pitches to retire the side in order.

Continuing her dominance over the Bulldogs, Armagost put Fresno State down in order in the fifth and the sixth before shutting down a potential rally in the seventh by retiring the power of the Bulldog lineup after giving up a leadoff single. In the eighth, Armagost would make her first and only mistake of the day, a mistake that Nicole Angene would deposit over the left field wall for the walk-off victory.

Overall, Armagost shined giving up just four hits in seven full innings pitched while striking out six and walking none. For the Bulldogs, Melloh picked up her fourth win of the year despite the Tigers putting her into jams throughout the entire game. She finished with nine hits against while also striking out nine and issuing no walks.

The Tigers will be back in action on Feb. 20 when they face off against Santa Clara.

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**Baseball's Home Opener Kicks Off Friday**

Athletic Media Relations

Coming off a season in which they finished 21-32 overall, 9-15 in the Big West Conference with several victories over top-ranked opponents, the Pacific baseball team's home opener is just days away as the Tigers look to build upon last year's success.

This weekend, the Tigers will host San Francisco to open the season for the first time in program history. USF is coming off a season in which the Dons finished 28-28 overall and 12-9 in the West Coast Conference.

All games during the 2010 season will be broadcast for free on pacific.tigers.com. You can also follow every game in 2010 on Gametracker. Big West Conference games on the road can also be heard on KSTN 1420 AM.

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**Armagost’s Gem Not Enough As Pacific Loses to Fresno State**

**Athletic Media Relations**

Dominating the No. 24 ranked Fresno State Bulldogs throughout the day proved not to be enough for the Pacific softball team as the Tigers let their upset bid slip away with a 1-0, eight inning, loss on Sunday, February 14. The loss dropped the Tigers to 0-3 on the year while the Bulldogs improved to 5-0.

Looking to average their no-hit loss to Morgan Melloh, the Tigers wasted no time getting their first hit of the weekend against the lefty when junior Lindsey Pierce started the game off with a double down the left field line. The hit marked the first hit in eight innings for the Tigers against Melloh, but it was for not as the Tigers failed to bring home Pierce, stranding their leadoff hitter at second.

Again, the Tigers threatened in the second, starting the inning off with another leadoff double down the left field line this time off the bat of freshman Nikki Armagost, only to strand her at third base to end the inning. The double was Armagost’s first collegiate hit after going hitless in her first day of action despite picking up two RBI.

For the Bulldogs, Melloh picked up her second victory of the year. She finished with nine hits allowed, three walks and three strikeouts. She gave up one hit in the bottom of the third, but quickly dispatched the Bulldogs back to the dugout with a strike out of the day, a mistake that Nicole Angene would deposit over the left field wall for the walk-off victory.

Overall, Armagost shined giving up just four hits in seven full innings pitched while striking out six and walking none. For the Bulldogs, Melloh picked up her fourth win of the year despite the Tigers putting her into jams throughout the entire game. She finished with nine hits against while also striking out nine and issuing no walks.

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**Tiger X Schedule for Week of Feb 18 - Feb 24**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/18</td>
<td>Plates:</td>
<td>8-8:45 a.m.</td>
<td>Wood Room</td>
</tr>
<tr>
<td></td>
<td>Lunch Time Yoga:</td>
<td>12-1 p.m.</td>
<td>Wood Room</td>
</tr>
<tr>
<td></td>
<td>Cardio Dance:</td>
<td>5-6 p.m.</td>
<td>Wood Room</td>
</tr>
<tr>
<td></td>
<td>Cycle:</td>
<td>6-7 p.m.</td>
<td>Rubber Room</td>
</tr>
<tr>
<td></td>
<td>Capoeira:</td>
<td>7-8 p.m.</td>
<td>Rubber Room</td>
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<tr>
<td>2/19</td>
<td>Yoga:</td>
<td>8-8:45 a.m.</td>
<td>Wood Room</td>
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<tr>
<td></td>
<td>Boot Camp:</td>
<td>1:30-2:30 p.m.</td>
<td>Wood Room</td>
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<td></td>
<td>Cardio Dance:</td>
<td>4-5 p.m.</td>
<td>Wood Room</td>
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<tr>
<td></td>
<td>Hip-Hop:</td>
<td>3:00-3:50 p.m.</td>
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<td></td>
<td>Cycle:</td>
<td>6-7 p.m.</td>
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<tr>
<td></td>
<td>Capoeira:</td>
<td>7-8 p.m.</td>
<td>Rubber Room</td>
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<tr>
<td>2/22</td>
<td>Cycle:</td>
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<td>Cardio Dance:</td>
<td>4-5 p.m.</td>
<td>Wood Room</td>
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<td>Yoga:</td>
<td>5:30-6:55 p.m.</td>
<td>Wood Room</td>
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<td>Cardio Kick:</td>
<td>7-8 p.m.</td>
<td>Wood Room</td>
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<tr>
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<td>Cycle Fit:</td>
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<td>Fit &amp; Functional</td>
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<td>Lunch Time Yoga:</td>
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<td>Yoga:</td>
<td>5:30-6:45 p.m.</td>
<td>Wood Room</td>
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<tr>
<td></td>
<td>Cycle:</td>
<td>7-8 p.m.</td>
<td>Rubber Room</td>
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<tr>
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<td>Cardio Kick II:</td>
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<td>Wood Room</td>
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<tr>
<td>2/24</td>
<td>Circuit-Fit</td>
<td>1-1:30 p.m.</td>
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<td>Zumba:</td>
<td>4:30-5:30 p.m.</td>
<td>Wood Room</td>
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<tr>
<td></td>
<td>Yoga:</td>
<td>5:30-6:55 p.m.</td>
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Now Accepting Pacific Cash!!!

157 W. Adams St.
464-2739

Open 7 days/week
Lunch - Late Dinners

Music Event Calendar

February 27
8:00 p.m.
Marirose

February 28
7:00 p.m.
Elvis Impersonation

March 5
7:30 p.m.
“Still Sane”

March 17
6:00 p.m.
St. Patrick’s Party
All Day
Nick Elwood Band

March 21
7:00 p.m.
Elvis Impersonation

COVER for all events

THE NICK ELWOOD BAND

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