“A Rare and Special Event”
Pacific Inaugurates President Eibeck

Last Friday, members of the Stockton and Pacific communities gathered at the Alex G. Spanos Center to celebrate the formal inauguration of Pacific’s 24th president, Pamela A. Eibeck. She personally chose community as the theme of her inauguration.

Representatives from every student organization from all three campuses, athletics, advisory boards, learned societies, fraternities and sororities attended the event. Staff and faculty from all of Pacific’s colleges from every campus were also in attendance along with Eibeck’s family. Delegates from 43 universities across the United States also attended the event, including Eibeck’s alma mater, Stanford University.

The event began with an invocation by Pacific Multifaith Chaplain Donna McNiel and the Star Spangled Banner sung by the Pacific Singers and performed by the Pacific Symphonic Wind Ensemble. Current Chair for the Board of Regents Tom Zuckerman welcomed the crowd to the inauguration.

“The installation [of President Eibeck] is a rare and special event,” he said. Stockton Mayor Ann Johnston spoke next saying, “Pacific can help improve the lives of who live and work here.”

Later, Karl S. Pister, the keynote speaker, talked about his experiences with Eibeck. Pister, Chancellor Emeritus, University of California-Berkeley, was a mentor and advisor to Eibeck and is still her close friend.

“She knows how to make decisions and to take advice and reject it as well,” he said.

During her Inaugural Address, Eibeck talked about her plans for Pacific’s future and the future of Stockton. She said Pacific needs to increase diversity by outreaching to impoverished communities to reignite the college dream. Her plan includes working closely with elementary, middle and high schools to reopen college opportunities for many children who may not feel college is an option.

Eibeck said Pacific is in a perfect position to help Stockton reach the next level.

“It is a moment ripe for civic rebirth,”
- President Eibeck

Santa Cruz and Dean Emeritus and Roy W. Carlson Professor of Engineering, University of California-Berkeley, was a mentor and advisor to Eibeck and is still her close friend.

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See EIBECK, page 2
### UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT
March 14-20, 2010

For updated information, please join Public Safety on Facebook and Twitter at http://web.pacific.edu/x495.xml

<table>
<thead>
<tr>
<th>VEHICLE ACCIDENT</th>
<th>BROOKSIDE RD</th>
<th>3-14-10</th>
<th>Officer responded to a report of an accident in the area. The driver was arrested for DUI.</th>
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<tbody>
<tr>
<td>THEFT</td>
<td></td>
<td></td>
<td>Theft occurred in February. Officer initiated a report.</td>
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<tr>
<td>DISTURBANCE</td>
<td>BROOKSIDE RD</td>
<td>3-14-10</td>
<td>Officers located a female crying along Brookside Rd. She was the passenger in a vehicle that was involved in an accident. The male driver fled the scene. The officers were unable to locate the male subject and SPD initiated a report on the accident.</td>
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<tr>
<td>NOISE COMPLAINT</td>
<td>MCCONCHIE HALL</td>
<td>3-14-10</td>
<td>Officers contacted a subject regarding noise coming from the residence. Subject warned.</td>
</tr>
<tr>
<td>ALCOHOL ARREST</td>
<td>KHOURY HALL</td>
<td>3-14-10</td>
<td>Officer responded to a report of three males in the area bothering subjects. Officers arrested one subject for public intoxication and transported to the county jail.</td>
</tr>
<tr>
<td>CASUALTY</td>
<td>GRACE COVELL</td>
<td>3-15-10</td>
<td>Officer and medics responded to a report of a female who fell and having a seizure. Subject was transported via ambulance to a local hospital.</td>
</tr>
<tr>
<td>W&amp;I COMMITMENT</td>
<td>RITTER HOUSE</td>
<td>3-15-10</td>
<td>Officer and medics responded to a report of a male subject in and out of conscious. Subject was transported to a local hospital via ambulance for a treatment.</td>
</tr>
<tr>
<td>FORCIBLE SEX OFFENSE</td>
<td>OFF CAMPUS</td>
<td>3-16-10</td>
<td>Officer responded to a report of an off campus incident that occurred in February. Officer initiated a report.</td>
</tr>
<tr>
<td>THEFT</td>
<td>CHAPEL LANE</td>
<td>3-16-10</td>
<td>Officer responded to a report of a male subject in and out of conscious. Subject was transported to a local hospital via ambulance for a treatment.</td>
</tr>
</tbody>
</table>

| MEDICAL CALL     | LOT 19       | 3-16-10 | Officer reported subject fell off bike but refused medical assistance. |
| VEHICLE ACCIDENT | OFF CAMPUS   | 3-16-10 | Officer responded to a report of a vehicle accident on Kensington and Alpine. Officer reported this was a non-injury accident and both parties exchanged information. |
| VEHICLE ACCIDENT | LOT 2        | 3-17-10 | Officer responded to a report of a vehicle accident. Officer initiated a report. |
| NOISE COMPLAINT | PHI DELTA CHI| 3-18-10 | Officers responded to a report of loud chanting in the area. Officers located approximately 30 house members on the levee. Subjects warned and complied. |
| NOISE COMPLAINT | OFF CAMPUS   | 3-18-10 | Officers assisted SPD with a felony car stop. Occupants of vehicle were suspects in a robbery. Suspects were arrested at 1:02 PM. |
| DISTURBANCE      | PRESIDENT'S DR | 3-18-10 | Victim came to DPS to report a female subject threatening her. Officer initiated a report after making contact with the suspect. |
| CASUALTY         | SWIMMING POOL |         | Victim reported her bicycle stolen. Occurred between 2/24 – 3/18. Officer initiated a report. |

**An Evening with Bill McKibben**

Environmentalist Bill McKibben, whose works have been showcased in The New York Times, Harpers, and Rolling Stone magazines, will be at Pacific to speak about tips for sustainability and the fight against climate change.

**Natalie Compton**
Staff Writer

Thinking of going to the store without a reusable shopping bag, leaving the lights on when no one is home, or throwing away a Styrofoam box filled with batteries and chemicals? Think again, and pick up more tips at "An Evening with Bill McKibben," this Thursday at 7 pm in the DeRosa University Center Ballroom. McKibben is a renowned environmentalist and has a substantial writing career. He has written many books and contributes to The New York Times, Harper’s, Rolling Stone and other magazines. His work focuses primarily on alternative energy and global warming.

Pacific is hosting McKibben, founder of the carbon dioxide conscious campaign 350.org, as a part of President Eibeck’s Inauguration series. The event is open to anyone who wants to attend and is free of charge. 350.org’s mission is to reduce atmospheric carbon dioxide emissions by 80% by 2050. This project has lead McKibben to be called one of the most important global thinkers and one of the most influential men of 2009.

**EIBECK, continued from cover**

civic rebirth, and we are well positioned to help," she said. "By going beyond our campus gates, by listening to our community's needs and aspirations, we can initiate a vehicle stop and determine the driver was DUI. CHP responded and arrested the driver at 12:08 AM. Driver transported to the county jail.

Our Gates’ forums are the cornerstone of our outreach plan, she said.

Eibeck is the sixth president to be inaugurated at Pacific since the University’s move to Stockton in 1924. She is also the first female president Pacific has had.
Miracle Mile Non-Profit and Sidewalk Sale Day

The purpose for the event is to make people of Stockton and the surrounding communities aware of the many non-profit organizations in our community. These organizations are designed to provide and meet the needs of our community: from many forms of abuse, to promoting health and from providing food and shelter, to caring for the sick. So many of our citizens need the services provided by these organizations but often do not know that they are available and often available at little or no cost.

So far we have 25 non-profit organizations participating. Due to the high cost of advertising, many non-profit organizations do not have budgeted money to advertise, but at the same time have services to provide. Likewise, there are many people who would fund and bequeath these organizations, which is of equal importance, if they knew of their existence. For example: the Cancer Society provided beds & equipment for those in need, but may not know that all they need to do is call.

We look at this event as a means of creating awareness. It is a platform for the charitable groups to come together and tell the community what they do. We feel that Stockton's Miracle Mile is the perfect place for such an event. Its unique neighborhood charm and appeal is a testament of Stockton's heritage, combined with a vibrance and appeal that continues to make it the perfect destination for shopping, dining, walking and window-shopping.

We invite you to attend this event and be a part of what makes Stockton so very special.

Let's all work together to make the 1st "Stockton's Local Non Profit Day" be a big hit! Tell your members to tell their friends, let's get the word out to insure a great attendance to cross promote other organizations.

The Local non-profit event will be on Saturday, March 27 starting at 10:00 am to 2:00 pm.

This is an opportunity for all non-profit organizations to tell everyone of Stockton what they do and how they benefit our community.

It is so important to keep everyone in Stockton knowing what a great place the Miracle Mile is and all that Stockton has to offer. Being community minded is what makes a community a Community!

Please let us know if you have any questions we look forward to working with all of you in creating awareness for your organizations.

Thanks,
Lisa Whirlow
Whirlow’s Tossed and Grilled
209-466-2823

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 209-946-7489.

Below you will find the top 5 organizations within the competition at this moment and the hours of community service they have completed.

Good luck to all and don’t forget to log those hours! 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 Reach Out Online as of March 22)</th>
<th>Hours per Member</th>
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<tbody>
<tr>
<td>Alpha Phi Omega</td>
<td>1014.25</td>
<td>7.92</td>
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<tr>
<td>Sigma Chi</td>
<td>534.25</td>
<td>7.52</td>
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<tr>
<td>Alpha Phi</td>
<td>405</td>
<td>5.06</td>
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<tr>
<td>Circle K</td>
<td>227</td>
<td>7.32</td>
</tr>
<tr>
<td>Gamma Alpha Omega</td>
<td>213</td>
<td>TBD</td>
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</tbody>
</table>

Remember to go to www.pacific.edu/reachout to log your hours!

a sweet way to chill

New mocha and caramel Frappés blended with coffee, ice and just the right amount of sweet.
Why You're a Target for Identity Theft
...and what you can do about it!

Christian Oatman
Staff Writer

Recent research reveals that young adults from the ages of 18-24 are the most frequent targets of identity theft. According to an article published in The Washington Post, in 2009, 11.1 million people were victims of identity theft, an increase of 12% from the year before. About 55% of victims never know exactly how their information was discovered and stolen.

Our age group is especially vulnerable for a number of reasons. Many young adults are opening accounts and getting full-time jobs for the first time and oftentimes don't think about the consequences about how they should be responsible with their money once they start earning it. Just like people who have property stolen because they left it unattended, many people become victims of identity theft because they aren't careful about where they store and how they protect, or don't protect, their information.

A second reason why our age group is particularly at risk is because of our online activity. "While sites like Facebook, Twitter and Netflix are excellent resources for keeping in touch with friends and relatives or for renting movies, it's astonishing how much information is put onto those sites that can easily be misused." Studies show most people can be identified with three pieces of information: their sex, zip-code, and date of birth. And seemingly anonymous profiles that catalogue preferences, such as movie lists on Netflix, can also be used to identify users," The Washington Post reported last week. The same article reported that only 7% of identity theft victims reported their information was taken online, but that number could easily rise.

"Computer scientists and policy experts say that such seemingly innocuous bits of self-revelation can increasingly be collected and reassembled by computers to help create a picture of a person's identity, sometimes down to the Social Security number...In social networks, people can increase their defenses against identification by adopting tight privacy controls on information in personal profiles. Yet an individual's actions, researchers say, are rarely enough to protect privacy in the interconnected world of the Internet. You may not disclose personal information, but your online friends and colleagues may do it for you, referring to your school or employer, gender, location and interests. 'Patterns of social communication,' researchers say, 'are revealing.'" Journalist Steve Lohr wrote in The New York Times.

Issues with the Grove

Viviana Millan
Staff Writer

The Grove has many mysteries including the overall quality of the products that are being distributed. The biggest complaint that students have is that The Grove has a limited selection of healthy food available and sell primarily what many students light-heartedly call "Gas-station food." Some gas station food standards include endless amounts of chips and bean dip, battles and wars waging for the last Easy-Macs on the shelves, and mini-munchies galore. A student is guaranteed to find absolutely any type or brand of chips there, whilst looking for healthier options is a bit of a chore. With that being said, The Grove is not completely at fault for completely not selling more wholesome products; many times students buy up these products the same day as they are delivered.

A great example is with the organic eggs that are put on the shelves at 8 a.m. and completely sold out by noon. Many students do not even know that such a thing is being sold. Another example is with the fresh strawberries that occasionally come in. Essentially, it is all the same story: The Grove orders it, but does not have enough space to house the demand of the products students want. Several students would see it as an improvement if The Grove acted more like a grocery store. Many students who have expressed such a desire live in an apartment on campus with their own stove. They are disappointed because they cannot use their dining dollars to pay for ingredients to make a healthy meal vs. buying something that only has instant gratification that is loaded with salt, and washed down with sugar and caffeine infested energy drinks.

With that being said, there is also the student community that
Chatroulette: Porn, Partnerships and Public Schooling

Natalie Compton
Staff Writer

"Sex, Love and Education." Believe it or not, Chatroulette.com may or may not have developed a portal that brings these three together in one easily accessed Holy Grail. Chatroulette is a website accessible like any other online chat room. The one difference it has is that the chat takes place one-on-one with a randomly selected stranger and can be carried out by textual chat and/or live-streaming video. A chat participant never knows who he or she will be linked with, making it a Russian Roulette-type situation.

Step One: Access website at chatroulette.com or charoulette.com/classic. There are easy-to-follow instructions and rules on this homepage. Some rules include age limitations and explicit conduct restrictions (neither of these are seriously enforced).

Step two: "Begin Game." After accessing the site, it is easy to begin the chatting experience. Any other Chatroulette visitor can pop up on the screen from anywhere in the world. This website is linking cultures instantly with the click of a button, with no strings attached.

Chatroulette has inadvertently provided language students a vehicle in which to practice their subject with a native speaker. Find out how to speak like a local instead of a dictionary, hone down on pronunciation or get some feedback on correct grammar.

While engaging intellectual conversation and language acquisition may be found, the more prevalent content of the website is explicit male behavior. Across the globe, lonely, kinky men are elated to have a place to express themselves. Sometimes these lonely gents are clothed and simply looking for someone with which to have a conversation. This could last 10 minutes, an hour or maybe even carry on to a Facebook friendship followed by moving in together, marriage and, ultimately, living happily ever after. Or someone gets murdered. Be wary of how much information goes into the web; anyone can turn out to be a psychopath.

The Internet's fascinating networking capabilities has provided web-surfer's a new venue for harmonizing globally. For inciting deep connections, deep study or deep throat innuendos, Chatroulette.com is an interesting date with happenstance.

Mindless, Frivolous Spending
Why Students End Up in Debt

Justine Speegle
Circulation Manager

How many of us go out on a weekly basis and have dinner and drinks with friends? How much do we spend at bars? Or how about shopping when definitely not necessary?

These are things that many of us are guilty of on a regular basis. So we complain to our parents, our girlfriends and boyfriends or our close friends, and we wonder, "Why am I so broke all of the time?"

Well, I'm willing to bet that all of you out there who are feeling the burden of debt are doing so for the same reasons that I am—high tuition costs and living expenses paired with the frivolous spending we just can't seem to hold back from.

Tuition and living costs are inevitable—I don't really see a way around them if I want to get a degree anytime soon. And although I've searched and memorized the tips and tricks that promise to relieve me of such mindless spending, I just can't seem to master the practice of conserving my money.

There are, however, a few handy reminders that have been helpful in curtling the excessive spending. So if any of you are having the same issue, you definitely need to pay close attention to this reminder I think to myself daily: JUST STOP BUYING RANDOM CRAP! It's really not that hard...although it may seem difficult at first.

Instead of spending money—find creative ways to save!

Instead of buying five drinks at the bars, have a few beers at home with your friends first. Rather than buying ten different handbags (that you really don't need because you never really wear) over a semester, save your money and buy that one designer bag you have always wanted. You'll likely take much better care of it and be more appreciative of the fact that you actually bought it for yourself.

Guys, your girlfriends don't always need to be wined and dined in public. I mean, sure it's nice once in a while, but for the sake of our checking accounts (and for those of us lucky enough to still be supported by them, our parents' checking accounts as well), try cooking dinner at home once a week. Make it a date and snuggle up on the couch and watch a rented movie or one from On-Demand. Considering movie prices average $20 a couple, and dinner (if reasonably priced) at $20, you could save an average of $40 a week.

After considering this rant of seemingly easy fixes that I attempt to use for my own debt prevention, I decided to ask around campus and see what other students do that puts them in danger of debt and to see if they do anything similar to help the problem. These are answers to the problem. These are

ID CALL THAT ARCHAIC EXAMINATION.

Since my doctor was annoyed while diagnosing me,

Answers to puzzles on page 9

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just a couple of the responses I got which seemed to be what the majority of students who were questioned felt:

Tyler Hannis: “For most, I think the reason for student debt in college is not because we waste it on nonessentials but because living on your own is expensive, especially if you live off campus. If you live off campus you have to worry about bills, rent, food, gas etc... and that’s before the year’s $32,000 in tuition. I try to prevent debt by not always eating at the UC and by trying to bike to school instead of drive”.

Chris Ortega had similar views and said that he feels most of his debt comes from tuition because he has so many loans. His quick fix to watch his debt is to “try and eat on campus with my meal plan and find things to do with my friends that are not as expensive.”

Brandon Schwartz said that because he works a lot over the summer months, he saves his money to last through the school year. He also had words of advice of how to be able to do this successfully: “One avoids debt by spending less money than they’re making. If they have high expenditures, they need to find higher incomes”.

Nicole Pariera told me that she thinks “students spend a lot on food and clothes and that’s why they are broke. Planning ahead is a good way to manage money”.

---

**GROVE, from page 4**

does not desire to eat in the DUC and would rather have the option to take a gander at something new and exciting. Most already know the lack of variety in The Grove and resort to going to S-MART to get something that suits their inner desire more than what The Grove can provide. Perhaps it is in the confines of Bon Appetit that The Grove cannot act as a real grocery store? Or maybe it is a big conspiracy to get all the students here fat? Or maybe it is a way for the DUC to get more business, acting as the alternative? If The Grove doesn’t have it, then might as well go to the DUC?

Regardless of those assumptions, it is inconvenient for students to go off campus to get food that is not instant, ready-made, or has enough preservatives to kill a goat. Many students would support The Grove more if the selection were not solely based on instant gratification. The Grove is always open to suggestions, too! Feel free to write them down and leave them with the manager. Remember, the customer is always right!

---

**Support Meatless Mondays!**

-Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus and some forms of cancer.

-However, a vegetarian diet can be unhealthy if it contains too many calories and/or saturated fat and not enough important nutrients.

**Mention this ad to receive the Pacific discount rates!**

Holiday Inn Express
1337 East Kettleman Lane
Lodi, CA
209-210-0150

Hampton Inn and Suites
5045 Kingsley Road
Stockton, CA
209-946-1234

Quality Inn & Suites
16855 Harlan Road
Lathrop, CA
209-858-1234

kfphotels.com  For more information, email Karri Rivard at cvhkarri@comcast.net
Celebrate! NIGHT LIFE

THURSDAY COLLEGE NIGHT
Presented by Taste Ultra Lounge
March 18 - May 6, 8 pm - Closing
SEE THE MAP FOR VENUES
• Drink & Appetizer Specials
• Competitions and Costume Contests
• Live Entertainment
• FREE Transportation 6:25 pm - Midnight, Burns Tower to Downtown
• No Cover Charge with Valid College ID

MARCH 18, MAD HATTER NIGHT: Dress as your favorite “Alice in Wonderland” character and enter in the costume contest for a grand prize, 10 pm @ Bradley’s.

MARCH 25, GUITAR HERO NIGHT: Come show off your skills on the world’s most popular game and find out who the real Guitar Hero is, beginning at 8 pm @ Bradley’s.

APRIL 1, BEER PONG: Think outside the cup and bounce your ball out for your favorite drinking game.

APRIL 8, BASEBALL WARM-UP: Score runs by visiting all participating venues and by answering Ports Baseball Trivia. What you do on seventh inning stretch is up to you!

APRIL 15, PORTS BASEBALL GAME: Enjoy the first home game of the season and a Thirsty Thursday at Banner Island Ballpark. After the game, head over to the downtown entertainment district for specials and live entertainment.

APRIL 22, ASPARAGUS FESTIVAL PRE-PARTY: Win tickets and festival garb, and enjoy Asparagus drinks and food specials, @ Paragary’s.

APRIL 29, PORTS BASEBALL GAME: Enjoy a Thirsty Thursday at Banner Island Ballpark. After the game, head over to the downtown entertainment district for specials and live entertainment.

MAY 6, LIVE MUSIC AND COMEDY: Have a drink and share a laugh at comedy show by Alan Ray, a Pacific’s professor.

More about trolley service at www.sanjoaquinRTD.com
2007 BRUBECK INSTITUTE JAZZ QUINTET

THURSDAY, APRIL 8 • 7:30 PM
Featuring: Bob Mintzer, saxophone
From the Yellowjackets
DownBeat award-winning 2007 BIJQ
Faye Spanos Concert Hall
$10 Public, $5 Seniors, Students free
Tickets: 209.946.2474 or http://go.Pacific.edu/Tickets

2009 BRUBECK INSTITUTE JAZZ QUINTET

FRIDAY, APRIL 9 • 7:30 PM
Featuring: Gilbert Castanjos, trumpet
From Clayton-Hamilton Jazz Orchestra
DownBeat award-winning 2009 BIJQ
Faye Spanos Concert Hall
$10 Public, $5 Seniors, Students free
Tickets: 209.946.2474 or http://go.Pacific.edu/Tickets

2010 BRUBECK INSTITUTE JAZZ QUINTET WITH GRAMMY AWARD WINNER CHRISTIAN McBRIDE
and
YOSVANY TERRY QUARTET

SATURDAY, APRIL 10 • 7:30 PM
Yosvany Terry, sax
Taylor Eigsti, piano
Joe Sanders, bass
Justin Brown, drums
Faye Spanos Concert Hall
$15 Public, $10 Seniors, Students free
Tickets: 209.946.2474 or http://go.Pacific.edu/Tickets

JAZZ ON THE MILE!

SUNDAY, APRIL 11 • 1:00 PM
Six Great Groups
Pacific Avenue & Tuxedo

Tickets: 209.946.2474 or http://go.Pacific.edu/Tickets
www.BrubeckFestival.org

Who’s Pat?

Name: Denny Stilwell
Location: Woodland Hills, CA
Occupation: President, Mack Avenue Records
School: Conservatory of Music
Major: Music Management
Graduation Year: 1988

Experience at Pacific:
Music performance major for 2 years (played in many ensembles); Entertainment Management for 2 years; Phi Mu Alpha President; Alpha Kappa Lambda Member; Social Director for ASUOP; 3 years at campus radio station (on air, news, live recording & production, music programming); selected for NPR recording workshop in NY; performed in pit orchestra for local musicals (Delta College, Stockton Civic Theatre); internship with Chick Corea Productions upon graduation.

Career:
Currently President of Mack Avenue Records, a jazz and R&B recording and publishing company; www.mackavenue.com for more information.
Currently a board member of the Pacific Alumni Association.

Fact: There are over 50,000 Pacific Alumni worldwide.
The Gentlemen's Corner
Pardon my Freshness

Jason Kawilarang
Staff Writer

"The little things make and complete the man. Sean Connery remains as the only Bond to truly have style. He is the yardstick by which all other actors to take the role after him are measured- the arched eyebrow, the dry wolfish smile. When you think of the Bond movies, you think of "GQ-esque" style and the ultimate confidence. Bond's mastery of protruding masculinity in the way he simply carries himself, from the violence to his seeming sexual prowess, can only be embodied in a tailored suit. Notice the pocket square and the cufflinks in this photo. But also notice that they're both subtle and subdued- white pocket square and understated links. And the suit, shirt, and tie are neutral in color, timeless, classic and clean. Look chic and effortless, not like a mobster.

What Calcium supplement is the best?

If you currently take a calcium supplement, you may or may not be aware that two different forms are available for consumption: carbonate and citrate. Calcium carbonate, the most widely available, is also the least expensive option. Both forms are thought to be well-absorbed, however if you have reduced levels of gastric (stomach) acid, then you should choose the calcium citrate form for increased absorption.

With either form, absorption of calcium is best when the dose is 500 milligrams or less, and calcium carbonate is more efficient when taken with food.

Side effects of Calcium supplements may include gas, bloating, and/or constipation. Taking smaller supplement amounts over the course of the day, taking Calcium with food or changing to another type of supplement may reduce the side effects.

Have more questions about supplements?
Sign up for a free 1-on-1 nutrition consultation with NutriCat, email nutricat@pacific.edu

GAMES AND PUZZLES

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

CRYPTOQUIP

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

EKDLB WS HYLPRY
JQE DDDSBJ JIKCB
HKQMDYEKDM
WB, K'H LQCC
PIQP Q LRYEE
BXQWKDQPKYD..

Today's cryptoquip clue is: C equals L

Answers on page 5
Pacific to Host the 2010 NCAA Women’s Basketball Regional This Weekend

Athletic Media Relations

Tickets for all games on Saturday, March 27 (two games) and Monday, March 29 (one game) for the 2010 NCAA Division I Women’s Basketball Regional at ARCO Arena are on sale now. All Session tickets may be purchased by visiting ticketmaster.com or the ARCO Arena Box Office or by calling Ticketmaster Charge-By-Phone at 1-800-745-3000. All Session tickets are $20 (student/child) and $35 (adults). Single Session tickets are available for $12 (student/child) and $20 (adults). For group ticket information, please call 916-928-3650.

This will mark the first time an NCAA Division I Women’s Basketball Tournament event will be hosted in Sacramento, as University of the Pacific will serve as the host institution in cooperation with the Sacramento Sports Commission. This will be the fifth time that Pacific and ARCO Arena have teamed to host an NCAA Tournament event. Sacramento was the host in for the NCAA Tournament First and Second Rounds of the men’s tournament in 1994, 1998, 2002 and 2007. “We are very pleased to be selected as the host site for a 2010 NCAA Women’s Basketball Regional,” said Pacific’s Director of Athletics Lynn King. “We have a great relationship with ARCO Arena and the Sacramento Sports Commission and we are looking forward to hosting this tremendous national event.”

Athletic Media Relations

Seven Questions With Head Baseball Coach Ed Sprague

Ed Sprague is in his seventh season as head coach of the baseball team. He talks about how the past seasons have gone and what he expects in the future.

1. With six seasons completed as head coach at Pacific, you are third with most wins amongst Tiger coaches. Are you pleased with the progress of the program?

No, I think that we have come a long way, but we still have a long way to go. The last couple years have been difficult but I think the overall attitude of the players and the direction of where they want to be has improved. I think they have more pride in themselves, so that part I am happy with. I am not happy with the wins and losses.

2. You had much experience and success as a player, but what do you like best about coaching?

I think just passing on the knowledge that I have collected over my career. And each player is different individually and how you are going to help them accomplish their goals. I think that is a big challenge.

3. Last season you finished 21-32; this year you have seven returning starters and have added pitching. What is your outlook for the 2010 season?

I think we are a much improved team. I think we have high expectations. I think we believe in ourselves quite a bit. The main goal for us is to have the same belief at the end of the year that we have right now.

4. Being involved with baseball over many years, how have you seen or experienced the game changing?

I think there are a lot more younger players that are advancing quickly through the minor leagues. I am sure a lot of that has to do with signing bonuses that are happening. It is probably the number one thing that you see a lot more mistakes at the major league level than you would have seen 20-30 years ago, just because guys do not have the number of experience of games played. So you probably see a few more mistakes in that aspect at the major league level. But the fundamental part of the game is essentially the same. Although with the smaller ballparks, players have a tendency to try a little more for the long ball than in years past. I think the pitching also because you see more specialty guys and relief pitchers, way less complete games, because of the number of dollars

see SPRAGUE, next page

Shortstop Ben Gorang Named To Wallace Watch List

Athletic Media Relations

After a month into the Division I baseball season, the College Baseball Foundation has compiled its annual Wallace Award Watch List, which recognizes the top shortstops in the nation. On Tuesday, March 23, senior Ben Gorang of the Pacific baseball team was named to the list.

The Wallace Award, sponsored by Mizuno, recognizes the nation’s top shortstop and will be presented on July 2 in Lubbock, Texas, as part of the College Baseball Awards Show. Wallace Award committee co-chairs Kevin Dunagan and Tyler Young worked closely with the staff at the College Baseball Blog to ensure the best Division I shortstops were included.

Through the non-conference season, Gorang sits as the Tigers’ fourth-best hitter, as he is batting .386 at the plate. Additionally, he is third on the team with 22 hits, has compiled a .474 slugging percentage and a .403 on base percentage. In the field the senior shortstop anchors the defense, and has only tallied on error in 77 chances for a .987 fielding percentage.

Included in the College Baseball Foundation’s watch list are three Big West Conference shortstops: Gorang from Pacific, Matt Valaika of UC Santa Barbara and Christian Colon from Cal State Fullerton.
Tigers Come Out on Top with 4-3

Athletic Media Relations

The men's tennis team topped Wichita State, 4-3, on Sunday, March 21. With the win Pacific improved to 4-8 on the season.

The Tigers captured all three doubles matches, with junior Artem Gamma (Krivoy Rog, Ukraine) and sophomore Ivan Castro joining up to earn the first doubles victory for the Tigers.

Playing in the No. 2 position for the singles was Castro who took down Vlad Marinescu by scores of 6-1, 6-1.

Senior Renin Delsin gave the Tigers their second single win, as he defeated Valentin Mihai in straight sets, 6-4, 6-3.

Earning a victory from the No. 4 position, junior Fernando Ristow came back to top Adrian Chermaci after dropping the first set, 4-6, taking the final two by scores of 6-4, 6-1.

Tigers are set to take on host No. 31 Denver on Sunday, March 28 at 2:00 p.m.

SPRAGUE, from previous page

invested in each guy.

5. What do you think is the most important aspect of baseball?

The most important aspect is the mental side. A lot is going on before the pitch is ever thrown. You have to think about the situation, what type of pitcher you are facing, and where to put the ball in play. The slower the game, the more mental it becomes. Baseball is just behind golf in the mental component. It is a constant game of adjustments.

6. What do you see for Pacific baseball in the future?

Hopefully a lot more wins. That is part of the plan. We want to win a lot more games and we want to be more consistent. Being at a small private school, we don't have a lot of depth, so we want to create that depth. We are moving in the right direction. We need to continue to push forward and get good players and have them play good baseball.

7. Where do you keep your Olympic medals? World Series rings?

They are framed in the house. My rings are in a box in my room. I wear them occasionally, maybe once a year, if I am going to a speaking engagement or where I am really dressed up.

Athletic Training

Tip of the Week

MARCH - National Athletic Training Month

The National Athletic Trainer's Association (NATA) is sponsoring the month of March to be known as National Athletic Training Month, whose theme this year addresses Sport Safety as a Team Effort.

So who is included in this idea of the "team effort?" The team effort involves not only the relations of Athletic Trainers with their clients, but also with coaches, parents, physicians, referees, administrators, and other providers who help further a healthy environment for exercise and the overall well-being of the active population. Athletic trainers are allied health care professionals who place emphasis on prevention, identification, and treatment of injuries and illnesses.

How can you get involved? Help spread awareness of the profession! Come support the Pacific Student Athletic Training Club as they fundraise for the upcoming NATA National Conference in Philadelphia. Purchase an Athletic Training T-shirt for $12 today or at the next Softball or Baseball game where you can even meet an athletic training student tabling near the entrance!!

For your shirt or more information on how you can get to know the Athletic Training students and staff that serves Pacific, contact Antonia @ a-stavrianoudakis@pacific.edu

Sports This Weekend

SUNDAY

Women's Tennis vs. CSUF
11 a.m.
Hal Nelson Tennis Courts

Baseball vs. San Jose State
1 p.m.
Klein Family Field

Men's Tennis vs. Denver
2 p.m.
Hal Nelson Tennis Courts

Interested in writing for Sports?

Get up close and personal with your favorite players!

Email us at pacificansports@pacific.edu!

Tiger X Schedule for Week of Mar 25 - Mar 31

3/25
- Pilates: 8-8:45 a.m.
  Wood Room
- Lunch Time Yoga: 12-1 p.m.
  Wood Room
- Power Yoga: 4-5 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

3/26
- Yoga: 8-8:45 a.m.
  Wood Room
- Boot Camp: 1:30-2:30 p.m.
  Wood 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 p.m.
  Rubber Room
- Cardio Kick II: 8-9 p.m.
  Wood Room

3/29
- Cycle: 12-1 p.m.
  Rubber Room
- Cardio Dance: 4-5 p.m.
  Wood Room
- Lunch Time Yoga: 12-1 p.m.
  Wood Room
- Cycle Fit: 7-8 p.m.
  Rubber Room
- Cardio Kick II: 8-9 p.m.
  Wood Room

3/30
- 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
- Yoga: 5:30-6:45 p.m.
  Wood Room
- Cycle: 7-8 p.m.
  Rubber Room
- Abs/Core 8-8:30 p.m.
  Rubber Room

3/31
- 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
- Body Fit: 4-4:30 p.m.
  Rubber Room
- Hip Hop: 7:30-8:25 p.m.
  Wood Room
Now Accepting Pacific Cash!!!

157 W. Adams St.
464-2739

Open 7 days/week
Lunch - Late Dinners

Music Event Calendar

March 25
7:30 p.m.
Wendi Maxwell and the Tres Hot Jazz Band

April 3
7:00 p.m.
Stephanie D’trio

March 31
7:00 p.m.
Jazz Jam
Patrick Langham

April 18
7:00 p.m.
Elvis Impersonation

Every Monday
5 p.m. - 8 p.m.
Guitarist
Harry Rosentsteel

Book your graduation party!
May 15th still open!

Restaurant/Pub

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

Faculty and staff enjoy a FREE drink
UPON ARRIVAL! (Except for special events)

Cover for all events

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