Interim Provost Named
Dean of Dental School Agrees to Fill Top Spot

Media Relations

On Monday, April 5 University of the Pacific President Pamela A. Eibeck announced that Dr. Patrick J. Ferrillo, Jr., Dean of the Arthur A. Dugoni School of Dentistry in San Francisco, will serve as interim provost of Pacific. Ferrillo will start July 1, the day after long-time Provost Phil Gilbertson retires.

The University is currently conducting a nationwide search for a provost and plans to name a permanent replacement in the fall. The provost oversees all academic programs on Pacific’s Stockton, San Francisco and Sacramento campuses.

“The nominations of nearly every dean for interim provost from the campus community demonstrated the breadth of talent and confidence we have in all of our deans,” said President Pamela A. Eibeck.

“I appreciate Dean Ferrillo’s willingness to take on this important role, and in so doing, help to further develop ties between our Stockton and San Francisco campuses.”

Ferrillo will spend four days per week on the Stockton campus. He will continue close involvement with donors and other external audiences at the Dugoni School of Dentistry while he is interim provost.

Dr. Nader Nadershahi, currently associate dean for academic affairs at the dental school, will step into the role of acting dean of the dental school. Nadershahi will have day-to-day management responsibility for the dental school while Ferrillo serves as interim provost. He will also continue his academic dean responsibilities.

Ferrillo has served as dean to the Dugoni School of Dentistry since 2006. He previously worked in similar academic positions at the University of Nevada, Las Vegas and Southern Illinois University.

He was a professor of dentistry at several universities from 1976 through 2002 and also had a private dental practice in St. Louis from 1978 – 2002. Ferrillo has a bachelor’s of science from Georgetown University and both a doctorate of dentistry and a certificate in endodontic techniques from Baylor College.

Phil Gilbertson was appointed as Pacific’s first provost nearly 15 years ago. He announced his retirement date last year. The University formed a Provost Search Committee last fall and invited two candidates to visit Pacific’s three campuses earlier this year. While both candidates had impressive resumes, the University chose to extend the search for candidates who would be a better fit for Pacific.

The official announcement about Ferrillo’s new appointment can be found online at pacific.edu/x34915. More information about the search can be found online at www.pacific.edu/x25298.

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Construction Dominates Pacific Skyline

Andrew Mitchell
News Editor

The new John T. Chambers Technology Center is quickly taking shape in the space once occupied by the Office of Information Technology and Southwest Lawn. Construction crews have been working steadily on the facility since last summer. The $10 million project will house engineering laboratories, faculty offices, student study areas, and conference rooms.

“The John T. Chambers Technology Center is a mission-critical capital project that will serve as a catalyst for the advancement of regional, national, and international technology collaboration and economic development,” said Ravi Jain, Dean for the School of Engineering and Computer Science.

For more information about the technology center, visit http://www.pacific.edu/x6908.

Pacific Theater Gets Facelift and New Name

Andrew Mitchell

The Pacific Theatre in the McCaffrey Center will soon be known by a different name: Pacific’s Janet Leigh Theatre. Signage indicating the new name was placed on Tuesday. The renaming and dedication ceremony for the theatre will be Sunday, May 16. The interior of the theatre also received a few touch-ups in anticipation of the new name. The interior carpet and tiling was recently replaced and other improvements will soon be seen.

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For more information about the technology center, visit http://www.pacific.edu/x6908.
WPC
3-29-10
Officer responded to a report of a male subject who harassed a female on the grass area. Subject reported leaving the area on a bicycle. Officers were unable to locate the subject.

ROBBERY
PERSHING AVE
3-29-10
Victim flagged down officer and reported he was knocked down and his iPod taken. Public Safety officers responded and located suspects at Grange and Princeton. The iPod was recovered from the bushes where it was thrown. Victim refused medical attention and suspects were turned over to Stockton Police.

UNIVERSITY REG
MONAGAN HALL
3-29-10
Officer responded to a report of an odor of marijuana. Officer issued a University cite for judicial review.

FIELD CHECKOUT
LOT 7
3-29-10
Officer conducted a checkout on a female subject. Officer determined subject upset due to a recent breakup.

THEFT
ART BUILDING
3-30-10
Victim reported bicycle stolen. Officer initiated a report.

JUVENILE INCIDENT
DEROSA CENTER
3-30-10
Officer responded to a report of juveniles skateboarding in the area. Officer reported that the area was cleaned up and fans distributed to clear air.

CASUALTY
JESSIE BALLANTYNE
3-30-10
Officer responded to a welfare check on a female subject. Officer made contact and the female voluntarily went to a local hospital for treatment.

AIRED STOCKTON PD
OFF CAMPUS
3-31-10
SPD aided a burglary in the area of Mariposa and Kensington. Officers detained one subject at the clock tower. Subject was interviewed and warned.

DOMESTIC VIOLENCE
LOT 29
3-31-10
Victim reported being assaulted by her boyfriend over an argument over the use of her vehicle. Officer arrested the subject for domestic violence and transported to the county jail.

Profile Day Welcomes Prospective Students

Kelly Asmus
Copy Editor

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 ccg@pacific.edu or 209-946-7489.

Reach Out Groups Competition Rankings as of April 6

<table>
<thead>
<tr>
<th>Organization</th>
<th>Hours Logged</th>
<th>Hours per Active Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Phi</td>
<td>441.25</td>
<td>6.34</td>
</tr>
<tr>
<td>Alpha Phi Omega</td>
<td>1040.75</td>
<td>16.26</td>
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<tr>
<td>Circle K</td>
<td>233</td>
<td>9.91</td>
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<tr>
<td>Gamma Alpha Omega</td>
<td>288.25</td>
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<tr>
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<td>856.75</td>
<td>29.04</td>
</tr>
<tr>
<td>Sigma Chi</td>
<td>561</td>
<td>9.5</td>
</tr>
</tbody>
</table>

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

G.I.V.E. Competition

Below you will find the top 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.
Ten Years of the Brubeck Institute

Seema Ghatnekar
Managing Editor

The 2010 Brubeck Festival starts on Thursday, April 8, and continues through Sunday, April 11. The festival is entitled "10 Years of the Brubeck Institute," and specifically marks the tenth anniversary of the Brubeck Institute. The events will take place on campus from Thursday through Saturday, and then feature a performance on the Miracle Mile on Sunday.

This year, the Brubeck Institute will be hosting past members of the Brubeck Institute Jazz Quintet who will perform at the festival. Guest artists include Christian McBride, accredited jazz bassist, Taylor Eigsti, pianist, Bob Mintzer, jazz extraordinaire, and others.

Current saxophonist for the Brubeck Institute Jazz Quintet, Chad Lefkowitz-Brown said, "I'm really looking forward to getting to collaborate with all of the fellowship alumni. I'm also really looking forward to the guest artists who will be playing with the past fellowship groups and the featured Yosvany Terry Quartet, which includes some of my favorite musicians."

The following is the schedule of performances for the tenth annual Brubeck Jazz Festival:

**Thursday, April 8**
Taylor Room, University Library
3:00-5:00 p.m.

**Friday, April 9**
Faye Spanos Concert Hall
7:30 p.m.
Featuring the 2009 Brubeck Institute Jazz Quintet

**Saturday, April 10**
Conservatory Recital Hall
10:00 a.m.-Noon & 2:00-4:00 p.m.
Academic Symposium

**Saturday, April 10**
Faye Spanos Concert Hall
7:30 p.m.
Featuring the 2010 Brubeck Institute Jazz Quintet & the Yosvany Terry Quartet

**Sunday, April 11**
Miracle Mile: Pacific & Tuxedo
1:00 p.m.

All of the events are free of charge to Pacific students, and tickets are available to the general public at the Pacific Box Office. More information can be found on the Brubeck Institute link on Inside Pacific or at http://web.pacific.edu/x33667.xml.

Miracle Mile Loves Animals

Dear Friends of the Animals:

Stockton Animal Shelter Friends is teaming with the Miracle Mile Improvement District and replacing "Strut Your Mutt" dog walkathon and pet fair with the new "Pets On Parade!" The date is Saturday, May 22, 2010 from 10 am to 2 pm on the Miracle Mile, specifically Tuxedo Avenue at Pacific Avenue. We will be doing the fun things (walk-a-thon, contests, pet fair) that you enjoyed at Strut Your Mutt to raise funds for our adoption, education and spay/neuter programs. Here's what we're working on:

- Spay/neuter our 2,000 animal at the Animal Shelter we reached 1,000 after one year of operation;
- Expanding our spay/neuter voucher program to reduce the number of animals euthanized in Stockton;
- Developing a humane education program for local school systems;
- "Adopting" animals to shelters that don't have enough of their own.

Stockton euthanizes over 9,000 animals every year! We need to continue to work hard to reduce this number.

There are several ways that you can help. We are seeking community partners to sponsor Pets on Parade. The other side of this letter describes the available sponsorship levels and recognition programs. If you cannot be a sponsor, monetary donations of any amount are greatly appreciated. In-kind donations of raffle prizes and doggy products are also needed. Our Tax ID number is 68-0193683.

We hope you can join us in our life-saving work! Please contact Lisa Whirlow at whirlowl@aol.com or 209/474-1118 for more information.

Thank you for your generosity and care for animals.

Lisa Whirlow, Whirlow’s Tossed & Grilled
Miracle Mile Improvement District
Sue Marks
SASF Event Coordinator

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RAISING MONEY FOR SCHOLARSHIPS
AND GRANTS FOR STUDENTS AND FACULTY!

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*2010 Senior Class T-Shirt

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• Online at www.pacific.edu/seniors
• Hand Hall, 2nd floor, Room 220 (9:00 a.m. - 5:00 p.m.)
• By phone at 209.946.2780
PERSPECTIVES

Animal Testing and Alternatives

Christiana Oatman
Pacifican Staff Writer

Thousands of animals are kept in dark, cramped, isolated cages and are forced to go through all kinds of painful procedures ranging from being blinded to being poisoned to having body parts hacked off so that companies and universities can test potential new products and medical treatments. Most of them become sickly and PETA estimates that as many as 115 million die.

According to the Humane Society of the United States (HSUS), there are two main pieces of legislation regarding animal testing: the Animal Welfare Act and the Public Health Service Policy on the Humane Care and Usage. Under the Animal Welfare Act, animals used in testing are placed in three categories—experiments involving no pain and distress, experiments involving pain and distress but using pain relieving drugs and experiments involving pain and distress without drugs. According to the government's research, 8% of animals used in experiments fall under the latter category, but the law does not consider purpose-bred rats, mice and birds. If it did, the numbers would be much larger.

Proponents of animal testing argue that it's better for animals to face potentially harmful effects of new products and treatments than humans. They argue that many medications tested on animals could save human lives. However, the animals used in testing don't deserve to go through so much pain and suffering, especially when there are so many alternatives available.

HSUS launched its Pain and Distress Campaign in 1998. According to the campaign's FAQ, its purpose is to eliminate "avoidable and significant pain and distress in animal research by the year 2020." HSUS and other groups like PETA work towards educating the public on the horrors of animal testing, ways to stop it, and ways to use and support alternatives.

PETA's site on the issue, www.stopanimaltesting.com, lists different alternatives and universities should use such as embryonic stem cell tests, human skin model tests and human skin left over from surgical procedures or donated cadavers. Some of these methods may be more expensive than breeding small animals, but they're worth the short-term financial burden.

While companies like the Humane Society may have the money and money to run large campaigns against animal testing, anyone can contribute in trying to stop it. PETA's suggestions include sending letters to Congress asking them to support more humane options. More options to stop animal testing, as well as stopping other forms of animal cruelty, are available at www.animalactivist.com. Perhaps the easiest way to fight against animal testing is through your money: either boycott companies that use animal testing or buy products from companies that use other methods.

Many companies do not use animal testing for their products including Almay, Bare Essentials, Bath and Body Works and Victoria's Secret. However, consumers must be careful when they buy products. According to Leaping Bunny, an organization dedicated to stopping animal testing and promoting cruelty-free products, "Designation as cruelty-free or not tested on animals" may only refer to the finished product, when in fact most animal testing occurs at the ingredient level. Furthermore, while a company may claim, "We do not test on animals," it could still contract other companies to do the testing. Leaping Bunny carefully researches as many companies as it can to make sure its products are truly cruelty-free, and to list their visits www.leapingbunny.org. To get a second opinion, see www.caringconsumer.com.

Now Vs. Then: Growing Up

Natalie Compton
Staff Writer

My days of waking up and throwing on a ragged, musty t-shirt and some sort of denim over were over. It was around the time that I have snagged a job and become involved in various aspects of school, my lifestyle has changed drastically.

Take my Facebook; the site used to be a portal for embarrassing pictures, profane comments, and what not. Today it is a shell of its former existence, though my bouts of awkwardness still makes for embarrassing pictures.

My wardrobe changed as well. On a few past occasions, I could have been mistaken for a homeless misfit. I could now be mistaken for a door-to-door insurance sales woman. Feet into my closet and see that next to the black or collared pieces, the too low cut or too casual ones are covered in cobwebs and dust. My old look was influenced by comfort, but I now look to Donald Trump for style tips (it's only a matter of time before I sport a dramatic comb-over).

I have doused the fiery desire to punch strangers, commit acts of public indecency. I no longer litter. I have accepted the concept that my personal actions will affect my professional credibility. It's time for me to grow up, start being a responsible adult, and not create the kind of bad reputation I have left behind. To see my list visit www.caringconsumer.com. To get a second opinion, see www.caringconsumer.com.
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I May 17- June 18 (5 weeks)
II June 21 - July 23 (5 weeks)
III July 26 - August 20 (4 weeks)

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make summer work for you! Summer Sessions
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Commencement 2010
Alex G. Spanos
May 15th, 9am

Degrees are Conferred at
this Ceremony.

Get your tickets at the
Box Office! (student ID required)
www.pacific.edu/commencement
Sex Offenders in Stockton

Christiana Oatman  
Staff Writer

Under a state law commonly known as Megan’s Law, all sex offenders must be registered and documented on the California Attorney General's website. It’s no surprise that over a thousand of California’s registered sex offenders reside in San Joaquin County, particularly in Stockton.

Megan’s Law was passed after a seven-year-old child, Megan Kanka, was raped and murdered by a registered sex offender who lived in her neighborhood. According to a New Jersey study, "The overall conclusion is that Megan’s Law has had no demonstrated effect on sexual offenses...calling into question the justification for start-up and operational costs. Megan’s Law has had no effect on time to first re-arrest for known sex offenders and has not reduced sexual reoffending. Neither has it had an impact on the type of sexual re-offense or first-time sexual offense. The study also found that the law had not reduced the number of victims of sexual offenses."

Megan’s Law does seem somewhat pointless. People rarely have the time to really go through hundreds of names and even if they did find someone who lived near them, what would that really change? When Megan Kanka’s parents petitioned for the law’s passage, they argued that if they had known their child’s murderer lived in the area, they would have told her to avoid his home. While this would have probably been effective advice, there is no way of knowing. Besides, children should be taught to be careful, especially around strangers, no matter where they are.

While it’s disconcerting at first that so many registered sex offenders live in Stockton, one must remember that there are registered sex offenders everywhere. They have all served their time in prison and must live somewhere. Perhaps since Megan’s Law exists in some form in every state, people have been more cautious, but the lack of any change in crimes involving repeat sex offenders makes one doubt the law’s effectiveness.

If you decide to go on the database to research the sex offenders near the school, your apartment or your hometown, be sure to look at all the information instead of just a name and address. Just because someone is a registered sex offender doesn’t mean they necessarily want to hurt you; some of the sex offenders who live nearest to the school, on Alpine Avenue for example, are charged with harming minors and wouldn’t be interested in anyone who attends or works at Pacific. Many of the charges include public indecency or nakedness/"exposing oneself" in public; this is all too common among drunken college students, though it doesn’t imply that he or she is a sex offender.

It seems that given that a majority of rape and molestation cases are committed by someone the child already knows (like a relative), Megan’s Law might also create unnecessary paranoia among residents.
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 & Costume Contests
- Live Entertainment
- FREE Transportation 6:25 pm - Midnight, Burns Tower to Downtown
- No Cover Charge with Valid College ID

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.

$1 OFF

STUDENT CRAWLER ADMISSION

(ALL TICKET VALUES) TO UNO DE MAYO PUB CRAWL ON MAY 1, 2010, DOWNTOWN STOCKTON. Admission includes 3 drinks & 3 appetizers; 10 venues; no covers.

To redeem, use code: UNOCRWL.01 by calling 209.464.5246 or visit stocktontickets.com and click on Presales/Promotions.

One coupon per admission. Expires on May 1, 2010, at 8 pm. www.downtownstockton.org

More about trolley service at www.sanjoaquinRTD.com/trolley

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Who's Pat?
Name: Kevin Messenger
Location: Brownsburg, IN
Occupation: Sports Media Relations Director
School: College of the Pacific
Major: Communication
Graduation Year: 1987

Experience at Pacific:
I lived and breathed Pacific Athletics. I worked in the sports information office in excess of 40 hours per week, on top of school. I not only loved the involvement of college athletics, but I gained a valuable entry into my future career. While in school, I was quoted in an admissions pamphlet stating that, for me, UOP meant opportunity. Indeed, it was my opportunities that I regard as the highest value of my experience.

Career:
I have been a college sports information director since my graduation in 1987. From my first job at UNLV, to positions at Indiana State, returning to Pacific and spending five years at the University of Maryland, I have traveled the country and worked at large athletic programs and small; and in large media markets and smaller ones. I was the primary media contact for a pair of UOP national titles in volleyball as a student - and later in 2002 with the NCAA men’s basketball champions at Maryland. For the past seven years, I have been the media relations director with the Indiana Fever of the WNBA, while working with Pacers Sports & Entertainment in Indianapolis where I also oversee PR duties for sports and entertainment events throughout the year.

Fact: The Pacific Alumni Association is over 135 years old.
Want to connect with Kevin or other PATs? Visit pacificalumni.org/mentor

How Much Protein?
Should you add more protein to your diet if you include strength training as part of your workout routine? Rest assured, the average diet contains more than enough protein for both recreational and competitive athletes. Depending on activity level, normal ranges include 0.8g/kg to 1.5g/kg of protein per day. Most people need about 0.8g/kg-1g/kg of protein daily. (Your weight in pounds divided by 2.2 will give you your weight in kg).

Six to seven ounces of protein daily will meet the demands for most athletes. Good sources include lean meat, chicken, fish, eggs, beans, nuts, or seeds.

Have more questions about your protein intake? Schedule an appointment with NutriCat, your campus nutritionist at 946-2315. Sign up for a free 1-on-1 nutrition consultation with NutriCat, email nutricat@pacific.edu

GREAT PRIZES!!!
FREE T-SHIRTS
AMAZING TIGER ADVENTURE
RACE
UNIVERSITY OF THE PACIFIC
SUNDAY, APRIL 11 @ 9:00 AM
TEAMS OF 2
$20 A TEAM
CHALLENGES AROUND PACIFIC & STOCKTON
SIGN UP @ BAUN FITNESS CENTER
**Movie Review: The Cove**

Courtney Wood  
Staff Writer

The Oscar-winning documentary *The Cove* excels at shedding light on the killing and capturing of dolphins in Japan, the film's central role in the documentary by dolphin trainer Ric O'Barry.  

The film's purpose is, of course, to stop the inhumane killing of fellow intelligent mammals. However, this is in order to not only to stop cruelty towards wild dolphins but also to protect members of the human species. If people are killing dolphins, whose meat is high in mercury, and they are knowingly selling and feeding this meat to other human beings, then they are essentially poisoning their own species, which will prove devastating for everyone in the long run.

This film will tug at the heartstrings of any animal lover and will make viewers wonder how such practices could possibly be considered acceptable. The Cove is definitely an informative and provocative film; the film ends by asking viewers to “text DOLPHIN to 44144” if they wish to begin lending a helping hand in the eradication of the practice of the annual dolphin hunt in Taiji. The Cove will be swimming into the Pacific Theater at 8:00 pm on Thursday, April 8.

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**Style:**

**fresh & sweet**

Jessica Kawilarang  
Staff Writer

 Sometimes style isn’t always just about what you wear-- a lot of the times, it encompasses how you carry yourself as well.

As soon as I spotted Mila Tremblay outside of the DeRosa University Center, I knew I had to talk about the way personality and messages come out from your style. In the same way you perceive an edgier, bold vibe once you walk into a Marc by Marc Jacob’s store, or a sophisticated and classy feel in a Burberry store, your style can say so much in a single glance.

I spent the entire afternoon at the Inauguration lunch looking to see if I could spot someone with a style that surpasses the usual trends, but came back empty handed. Sitting with a friend after the event was long over, and with the beautiful, sunny weather and relaxing umbrella tables as a backdrop, Mila’s loose white blouse, fitted shorts, and tanned flats was fresh, simple, and clean. But what really caught my eye was the natural, confident vibe she carried— her signature curly hair let loose, headphones hanging around her neck, coffee at hand, and, of course, her books and bag. The combination of it all completed her style, because in one look, you can almost see a glimpse of who she is.

She radiated with such freshness and poise that it made me want to whip out my books and study too!

The clothes you wear can sometimes only place you into the category as one who is up on the current fashion trend, but personal style says more: who you are (or the personality you want to portray), being confident and comfortable in your own skin, and adding your own unique flavor to the world around you.

---

**CRYPTOQUIP**

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

**PBF KFHVJX PBF OJQ PFVVW OJZ PJ MFFQ OJZK BFHA AJEX CV VJ OJZ NHX’P VFF BCT WHZYBCXY.**

Today’s cryptoquip clue is: **H equals A**  
**Answer in next issue!**

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**NOW PLAYING AT THE PACIFIC THEATRE**

<table>
<thead>
<tr>
<th>Apr 8</th>
<th>Apr 9</th>
<th>Apr 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Cove (Documentary)</td>
<td></td>
<td>The Blind Side</td>
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</tbody>
</table>
Pacific Women’s Tennis Takes Down Portland 5-2

Tigers improved to 6-10 on the season with the win. “Winning the doubles point got us rolling,” said Head Coach Bob Chiere. “Solid wins at the No. 1, 3 and 6 singles quickly secured the win for us. I was proud.”

After Pacific swept doubles competition, junior Jenifer Widjaja captured the win at the No. 1 singles position by defeating Lacey Pflibsen in straight sets, 6-2, 6-1. It marked the seventh straight win for No. 91 Widjaja, who is now boasts a 13-3 record this spring.

Senior Sasha Fisher moved up to the No. 5 position against the Pilots and performed well. Fighting back from a set one loss, Fisher pulled out set two and the tie-break to defeat Valeska Hoath 4-6, 6-4, 1-0 (6).

The Tigers are back in action on April 7th when they take on Cal State Northridge at 3 p.m. on the Hal Nelson Tennis Courts. Pacific is 2-3 against Big West opponents this year and will be looking to keep its win streak alive against the Matadors.

Field Hockey Team Earns National Academic Honors

For its fifth straight year, the Pacific field hockey team has earned the National Academic Team Award from the National Field Hockey Coaches Association (NFHCA), the league announced earlier this week. Five athletes also received individual recognition for outstanding academic achievement. As a team, the Tigers were one of 53 division I programs to earn a collective GPA of 3.0 or higher.

“Being successful in the classroom is one of our goals,” said Head Coach Linda MacDonald. “I’m proud of the team.”

Headlining the group of athletes recognized was senior Kim Keyawa. The 2009 leading scorer has been named to the division I national academic squad all four years of her career.

Joining Keyawa for a second straight year is fellow senior Brianna Cummins. A team leader on and off the field, Cummins was the team outstanding defensive player in 2008 and captain in 2009. Sophomore Doreen Stern also earned national honors for the second year in a row.

Starting their academic careers off on a high note were freshmen Stephanie Douglass and Jenna Vivian. The pair, as well as the other squad members, joined the elite group of scholar-athletes who achieved a cumulative GPA of 3.30 or higher through the first semester of the 2009-10 academic year, according to the NFHCA.

Out of a pool of 78 schools, all eight programs in the NorPac had individuals recognized on the national academic squad. Pacific was one of six NorPac teams to earn the national academic team award.

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 Flexible are YOU?

When a muscle is stretched, both muscle spindles and golgi tendon organs (GTO) immediately begin sending a volley of sensory impulses to the spinal cord. Initially, the muscle will resist the stretch for fear that it is undesirable and may cause damage. After about 6 seconds, impulses from the GTO begin to override muscle spindle impulses and allow the stretch to occur. Collagen enables tissue to resist mechanical forces and deformation. Elastin composes highly elastic tissues that assist in recovery from deformation.

American College of Sports Medicine recommends stretching:
- after a 5-10 minute warm-up
- hold up to 30 seconds each repetition, repeated for 3 sets, at least 3 times a week
- bouncing is discouraged, ease into stretch with smooth breaths and movements

For more information contact President of the Athletic Training Club, Antonia at a_stavrianoudakis@u.pacific.edu

Tip of the Week
Athletic Training
How Flexible are YOU?

When a muscle is stretched, both muscle spindles and golgi tendon organs (GTO) immediately begin sending a volley of sensory impulses to the spinal cord. Initially, the muscle will resist the stretch for fear that it is undesirable and may cause damage. After about 6 seconds, impulses from the GTO begin to override muscle spindle impulses and allow the stretch to occur. Collagen enables tissue to resist mechanical forces and deformation. Elastin composes highly elastic tissues that assist in recovery from deformation.

American College of Sports Medicine recommends stretching:
- after a 5-10 minute warm-up
- hold up to 30 seconds each repetition, repeated for 3 sets, at least 3 times a week
- bouncing is discouraged, ease into stretch with smooth breaths and movements

For more information contact President of the Athletic Training Club, Antonia at a_stavrianoudakis@u.pacific.edu

Become a Pacific Tiger Dancer!
Auditions for the 2010-2011 Tiger Dancers are on Saturday, April 10 at 4 to 8 p.m. at the on-campus dance studio. Don’t miss your opportunity to perform and dazzle Pacific fans at all Tiger men’s and women’s basketball games and women’s volleyball matches.

To register for auditions and for more information, please visit: http://pacificftigers.cstv.com/spirit-squad/2005-tryouts.html. The audition will be closed to the public.

For more information, please email Head Coach, Cristy Yadon atcyadon@pacific.edu.
Big Seventh Inning Rally Nets Pacific Series Win Over Long Beach State

Tigers score four in the final inning to win 4-2 at Long Beach State

Athletic Media Relations

Down two heading into the seventh, the Pacific softball team staged a huge rally against Long Beach State on Saturday, April 3, scoring four runs in their final at bat to take the 4-2 win over the 49ers. The come-from-behind victory was the first of the year for the Tigers while improving their record to 14-19 overall and 2-1 in the Big West. For the 49ers, the loss dropped their record to 17-17 on the year and 1-2 in the conference.

For Pacific, the series victory was their first over the 49ers since 2002 when Pacific posted a series sweep of Long Beach State on the road.

Seemingly on their way to another shutout defeat at the hands of 49er starter, Brooke Turner, the Tigers came together in their final at bat of the afternoon.

With two aboard and one out in the inning, freshman Amy Moore put the first crack in the armor of Turner with a single through the left side of the infield to score Moore and give the Tigers a 4-2 lead.

Rejuvenated with a chance to pick up the win, Armagost went back out to the circle to try to finish off what she had begun six innings prior. Despite the sudden momentum switch, the 49ers did not make it easy on Armagost in the bottom of the seventh inning when they attempted to rally back by loading the bases with just one out. Despite the trouble, Armagost pitched her way out of the jam by inducing a pop up behind the plate to Moore before finishing the game with a ground ball she took herself up the middle to record the final out of the game.

Prior to the final inning and with the Tigers offense struggling, Armagost was left to fend for herself in the circle as she attempted to pick up her second win in as many games against Long Beach State. Just like the day before, Armagost held the 49ers to just two runs. After seeing Armagost in the previous game, the 49ers were able to lock in at the plate to the tune of 10 total hits in the contest while scoring one run in the third and another in the fourth. The big hits of the afternoon came from Jennifer Madigan and Caitrin DeBaun who each picked up RBI singles for the 49ers.

In all, Armagost struck one out and walked five in seven full innings of work to improve to 7-4 on the year and 2-2 in the conference. On the other side, Turner struck out five and walked two while giving up seven hits and four runs as she fell to 9-7 on the year and 1-1 in the Big West.

"I think it is just a great come back win that shows the resilience of the team," stated Head Coach Brian Kolze. "We have a lot of fight and have done some great things this year so to come back and put the ball in play good things can happen. We are very fortunate that the team believes in itself and continued to fight until the end."

"It felt good to win the first series and I have a felling we are going to take off from here," said Hendrickson.

Pacific will get back into conference action on Saturday, April 10 when the Aggies of UC Davis come to Bill Simoni Field for a double-header.

Tiger X Schedule for Week of Apr 8 - Apr 14

<table>
<thead>
<tr>
<th>4/8</th>
<th>4/9</th>
<th>4/12</th>
<th>4/13</th>
<th>4/14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates: 8-8:45 a.m. Wood Room</td>
<td>Yoga: 8-8:45 a.m. Wood Room</td>
<td>Cycle: 12-1 p.m. Rubber Room</td>
<td>Cycle Fit: 7-7:45 a.m. Rubber Room</td>
<td>Zumba: 4:30-5:30 p.m. Wood Room</td>
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<tr>
<td>Lunch Time Yoga: 12-1 p.m. Wood Room</td>
<td>Boot Camp: 1:30-2:30 p.m. Wood Room</td>
<td>Cardio Dance: 4-5 p.m. Wood Room</td>
<td>Fit &amp; Functional 8-9 a.m. Wood Room</td>
<td>Yoga: 5:30-6:55 p.m. Wood Room</td>
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<tr>
<td>Power Yoga: 4-5 p.m. Wood Room</td>
<td>Hip Hop: 3-3:50 p.m. Wood Room</td>
<td>Yoga: 5:30-6:55 p.m. Wood Room</td>
<td>Lunch Time Yoga: 12-1 p.m. Wood Room</td>
<td>Body Fit: 4-4:30 p.m. Rubber Room</td>
</tr>
<tr>
<td>Cardio Dance 5-6 p.m. Wood Room</td>
<td>Cycle: 6-7 p.m. Rubber Room</td>
<td>Cardio Kick I: 7-8 p.m. Wood Room</td>
<td>Yoga: 5:30-6:45p.m. Wood Room</td>
<td>Hip Hop: 7:30-8:25 p.m. Wood Room</td>
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<tr>
<td>Cycle: 6-7 p.m. Rubber Room</td>
<td>Capoeira: 7-8 p.m. Rubber Room</td>
<td>Cycle: 7-8 p.m. Rubber Room</td>
<td>Cycle: 7-8 p.m. Rubber Room</td>
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<tr>
<td>Cardiio Kick II: 8-9 p.m. Wood Room</td>
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<td>Cardiio Kick II: 8-9 p.m. Rubber Room</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

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

April 14
6 p.m. - 8 p.m.
Jazz Jam

April 18
7:00 p.m.
Elvis Impersonation

April 22
7:30 p.m.
Wendy Maxwell
COVER for all events

Book your graduation party!
May 15th still open!

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