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University of the Pacific

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SIS to merge with COP

University of the Pacific just recently hosted its final freshmen orientation and Convocation for all new students this past week. After moving in, registering for their first semester and going on their respective M.O.V.E. trips, new students were ushered into Faye Spanos concert hall in order to be officially welcomed by university faculty and administration.

The events were both exciting and festive as new student orientation activities were wrapped up by the Tiger Roar, in which current students welcome new Tigers with claps, live music, cheering, hugging, and confetti. A barbeque immediately followed the event in order for new students to mingle with faculty and current students.

This year, Pacific welcomes what President Eibeck called “the most academically qualified freshmen class that we have had on record.” Indeed, from an applicant pool of over 22,000 students, University of the Pacific was able to admit an incoming class with a 3.6 average GPA and a 1215 average SAT score. In addition, the university has also accepted an unprecedented amount of transfer applicants (about 250) with an average college GPA of 3.3.

When asked if there was a goal that the university had in recruiting new freshmen last year and whether it was achieved, President Eibeck responded, “Probably the one big factor that we are considering as we bring in our freshmen class is to make sure our students are ready for college level work, so that they don’t have to pay private school price for catching up on high school level work.”

“We are very proud of SIS and its wonderful 25 year history and the sort of intense education that it provides... and we don’t want to diminish that experience,” President Eibeck expressed that the merging of SIS to COP is in an effort to make the type of International Education offered by SIS more easily available to a larger group of students. “... It won’t be a department, it will still be a school, but having the faculty of SIS be at the same meetings as the College [of the Pacific], it will really encourage those shared dialogues. Making it easier for minors, making it easier for shared courses, collaborations, special projects, etc.”

Although the recent decision made by Pacific’s new administration to merge SIS with COP may turn out to be for the benefit of most, there is still a negative backlash from those who dislike what they believe to be an abrupt decision. “I am disappointed by the merging of SIS with COP and even more disappointed by the lack of transparency demonstrated by the university,” responded senior SIS student, Emily Potter, when asked her opinion on the issue.

Karla Cortez
NEWS EDITOR

Recent news of the University of the Pacific’s School of International Studies (SIS) merging with the College of the Pacific (COP) came as a surprise to many school, faculty, and the Pacific community this summer. News of the merge was released on Aug. 22nd, first in the form of a letter from Provost Maria Pallaviani regarding changes to the School of International Studies (SIS), which was posted on Pacific’s website and emailed to alumni. Current SIS students were notified by an email sent the next day which assured that they “will have the same faculty and courses” and that “[students] will experience the same SIS traditions and commencement exercises”. Parents of SIS students were sent a similar but briefer email on Aug. 24th.

Unfortunately, the news was met by disappointment from many students, “I see no legitimate reason to integrate SIS to COP,” stated student Sendy Sanchez C.O. ’13. Earlier in her interview with The Pacifican, Sanchez commented, “Personally, what attracted me to come to Pacific was the unique school of International Studies and all the programs and study abroad opportunities they offer “

President Eibeck defended the move in an interview with The Pacifican stating, "We were very proud of SIS and its wonderful 25 year history and the sort of intense education that it provides... and we don’t want to diminish that experience."

“... It won’t be a department, it will still be a school, but having the faculty of SIS be at the same meetings as the College [of the Pacific], it will really encourage those shared dialogues. Making it easier for minors, making it easier for shared courses, collaborations, special projects, etc.”

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New students as they walk out of Convocation and into Tiger Roar.

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2012 Mountains, oceans, valleys, experience

Tervyn Porter
COPY EDITOR

Last weekend, new students embarked on the MOVE trip, which has become a Pacific tradition for incoming students. MOVE trip strives to provide freshmen with the opportunity to connect with other students, all while enjoying the great outdoors. MOVE facilitators encourage students to become more aware of the environment and challenge them to be more sustainable in their everyday actions.

Students were able to choose from 11 different locations for MOVE trip: Yosemite, Redwood Glen, Bear River, Mt. Gilead, Marin Headlands, Point Bonita, Camp Harmon in Santa Cruz, the American River, Habitat for Humanity in San Joaquin Valley, Valley Stewardship in the Central Valley, or Service in San Joaquin Valley.

This experience has become a favorite among students, especially since it is one of the first opportunities for the new students to become acquainted with their classmates and make friends. Not only that, it is the student’s first experience with Pacific and the ideals that the school prides itself on.

Samica Jhangiani ’16, who went to Bear River said, “I’ll never forget my MOVE trip! I loved everything about it, from playing football in the lake to playing games around the campfire. Everyone was so warm and welcoming, and I felt like I actually belonged. After my trip, I knew that I was going to like Pacific.”

Although meeting new people was a definite highlight of MOVE, the students who attended also enjoyed getting their hands dirty and partaking in community service projects. “In my opinion, the best part of the MOVE trip was the community service,” said Ashley Butts, a freshman who went to Camp Harmon in Santa Cruz. “We got to help the beaches and shores in such a simple and effective way. The community service also served as a way to meet other people and discuss the harms of littering on a simple outing.”

However, it wasn’t only new students who benefited from this trip. Facilitators of MOVE also enjoyed their experience on the trip. “I went to the Marin Headlands, Pacific Coast, and I really enjoyed getting to know the freshmen and being able to answer all their questions,” said Yoo Jung Kim ’15. “I was also able to use my experience in Greek Life to help and give them advice too.”

Life Beyond Earth

On Tuesday, Sept. 4th, College of the Pacific will be hosting a lecture entitled “Fundamental Chemistry in the Search for Life Beyond Earth.”

Dr. Tori Hoehler, a Research Scientist in the Space Sciences and Astrobiology Division at NASA’s Ames Research Center, will be speaking. The event which will take place at 11:00 am in Classroom Building 170 will address the question of whether earth is “unique in hosting life.”

Dr. Hoehler, whose “unifying theme in his hole 20+ years of research has been to understand life in the context of energy flow, as it bears on biological energy metabolism, microbial ecology, and biogeochemistry,” will be addressing a question which for the first time in history has the potential to be answered scientifically.

According to Dr. Hoehler, there are emerging and existing technologies which, paired with current scientific knowledge, would “enable a credible search of life both within our solar system and beyond.” Given that Dr. Hoehler is actively involved with recent missions to Mars, this lecture will present an amazing opportunity for many individuals within the Pacific community.

The event is open to both the campus and outside community, for more information feel free to contact Patti Iani, Assistant to the Dead of College of the Pacific at pianni@pacific.edu.
Students at a loss without aid

Danielle Procope
STAFF WRITER

Financial aid changes have greatly impacted the student population at Pacific. Tuition has been raised $2,030 per academic year for all undergraduate and graduate students other than those in the Pharmacy program. For those in the Pharmacy program, tuition has been raised by $3,045 per academic year. To further exacerbate this, the state has cut the Cal Grant by 5%. In a letter to parents President Eibeck said, "Pacific’s tuition will remain among the lowest of any private comprehensive university in California. The increase will help support the University’s strategic priorities. In 2012-2013, we will focus on increasing financial aid for returning students, adding faculty in key disciplines, supporting experimental learning, completing NCAA gender-equity adjustments in Athletics, enhancing our psychiatry services and enriching our veterans’ services."

Many of these focuses sound very positive, but in the meanwhile many students are in the unfortunate predicament of not knowing how they will be able to afford their education here. Many of these students have already spent two or three years at this institution and have good academic standing. Money is the sole factor possibly barring them from maintaining academic excellence and preparing for life after college.

The inescapable question, in light of this, is why would the institution raise tuition at the same time when financial aid packages are decreased due to less state and federal funding and other factors.

Richard Rojo, the Associate Vice President for Communications said, "The 2011-12 tuition increase is necessary for Pacific to keep up with the cost of high quality education we provide, as well as to invest in strategic priorities. For example, this year we will invest about $2.7 million in additional financial aid for returning students." But many students would not know this unless they were told because many are not feeling the additional investment Pacific has made towards financial aid. Alan Hensley and Elena Goldfoos, the President and Vice-President of ASuop respectively, conducted a survey on financial aid at Pacific. Approximately 285 students participated. A noticeable finding from this survey is that 53.2% of the respondents said that their financial aid package decreased this year.

Although the institution has certainly tried to assist students in spite of financial aid changes, there is a loss of this purpose somewhere between the institution and individual students. Many students report that the Financial Aid Office has been unhelpful. Many have been told to transfer if they cannot afford it. This is a very insensitive statement and makes students feel unappreciated and easily disregarded. They have not only put money into their education, but time and persistence, and they expect to finish here at Pacific. It is incredibly demoralizing when they are told to transfer or take time off—as if they are expendable, like a number, instead of an individually valuable student.

All of this being said, Pacific’s tuition is lower than its peer institutions. Also, Pacific has more financially needy students than most of its peer institutions. Over 80% of Pacific undergraduates receive some form of financial aid. These new financial aid decreases working in confluence with tuition and housing hikes will lower the number of financially needy students. Although this makes sense economically, it does not make sense ethically. There should be a way in which Pacific can provide its high quality education to students without putting a heavy and often unexpected economic burden on students who have already spent two or three years at this institution and have good academic standing.

What class should everyone take before graduating from Pacific? "Public Speaking, it definitely teaches you skills you will use in real life situations like interviews or meetings."
@Meghan O'Keith, C.O. 2014

"I would say a diversity course, it teaches you about different cultures." @Gina Copak, C.O. 2014

"Cultural Anthropology because it broadens your horizons, it prepares you for a new globally focused world." @Danielle Finnick, C.O. 2014

British Literature because of Sansstrom. Take it." @Airianna Murray, C.O. 2014

"New Testament Origins with Dr. Schroeder because it changed the way I look at religion and broadened my horizons." @Jillian Hall, C.O. 2012

"Calculus 3 with Langley because he made the material interesting and wrote problem sets about bugs and aliens." @Lindsey Cunningham, C.O. 2015

"Definitely PACS 2 What Makes People Successful. The professor was amazing and the knowledge you gain is extremely valuable. Everyone should take it." @Dave Heller, C.O. 2014

"Media Production with Dr. Ray. You get to make videos and be really creative. The professor is laid back and it's a lot of fun." @Christian Novoa, C.O. 2015
Avoid the quotas: Journalism the right way

Mitchell Woerner
STAFF WRITER

Journalism has been a part of America’s core values since its founding. Freedom of the press is one of our most important ideals. In all of its forms—whether its in newspapers, on television, or on the Internet—the press has been one of the greatest parts of our democracy. Recently, it seems that the essence of journalism has been lost to some of our largest networks and newspapers.

Even one of the most basic tenets of journalism, fact checking, seems to be ignored or shrugged off as not important. Newsweek recently ran an editorial cover article about how President Obama should get out of office because he hasn’t kept his promises. The reporter brought up a CBO report and claimed that the Affordable Health Care Act increased the deficit by a trillion dollars. While an earlier CBO report did say this, they released a later report that clarified that the revenue brought in through the bill would counteract the spending and the bill would actually reduce the deficit. Politico then asked Newsweek if it fact checked any articles and their spokesman responded with, “We, like other news organizations today, rely on our writers to submit factually accurate material.”

How on earth is this acceptable? Normally, in an article about journalism and news, everyone would know that fact checking is essential, but there are organizations, such as Newsweek, that do not fact-check what their writers say. It’s terrible journalism to not properly fact-check statements or articles. Misleading readers or viewers to obtain a political goal is the antithesis to everything journalism stands for.

Another problem in our current media is an obsession over balance. While it is important to not have a bias, seeking to always be balanced for the sake of having balance is bad journalism. Calling things even or saying “Oh well both sides do it” is not journalism; it’s an attempt to not offend anyone. Sometimes one “side” is wrong and the other is right. Sometimes there isn’t even a reasonable counter argument to someone’s point because the facts are indiscutable. Then there’s occasions where an issue cannot be boiled down to Democrat and Republican. For instance, Ron Paul, although a Republican, generally holds opinions that do not directly line up with the Democratic or Republican Party. Instead, the media simply reports what major Democrats and Republicans say and don’t bother to go in depth and check who’s right.

Much of the reason why reporters and the media often don’t bother differentiating between which side is right or wrong or who’s right when it comes to the facts is because this often means that the media has to challenge the establishment of political parties. The media wants access to those politicians and government officials because that will aid them in their ratings. However, our politicians do not want to be challenged and if the anchor interviewing them starts asking tough or follow up questions, they get offended and do not come back to the program. One example is calling out hypocrisy. If a politician votes against the stimulus, but then their district or state starts taking in or petitioning for stimulus money, the anchor should call that hypocrisy out. The media are supposed to be the watchdogs for the people of the United States and call out the establishment, not be the establishment’s lapdogs. Only until recently has CNN tried to keep the stance of trying not to offend anyone, and usually called things even. However, Wolf Blitzer chided the head of the pro-Obama Super PAC on an ad that definitely stretches the truth about a man’s wife who died from cancer after he was laid off via Bain Capital. Soledad O’Brien and Anderson Cooper have also challenged several Romney spokesmen and supporters on their claims about President Obama and Medicare. Previously, they would just quote what both the Democrats and Republicans said and leave it at that, but here we see real reporting.

The last thing the media still has a problem with is that it now seems to shun whistleblowers. When Wikileaks leaked out a gigantic number of government documents detailing the wars in Iraq and Afghanistan in particular, a situation where we killed Iraq journalists by accident—the media shunned Julian Assange, founder of Wikileaks. While normally, those who take enormous risks to give important information to the people are heroes, there have been many articles that seek to sling mud at Julian Assange instead of praising him for the whistleblowing he’s been doing. The media needs to hold our government accountable, and acknowledging the work of whistleblowers is an important part of that.

The importance of journalism and the news is immense, and as citizens we have an obligation to follow the news closely and stay informed of issues revolving around our country and the world. This will make us informed voters so we can elect better politicians. It’s also important that we recognize what is good and bad journalism. Journalists that challenge the establishment when necessary and fact check are much more credible than ones that don’t. They should accurately describe the arguments of all sides and then apply them to the present facts. Finally, they should appropriately recognize whistleblowers who seek to expose injustices that our government performs.
A summer in the nation’s capital

Christiana Oatman
OPINION EDITOR

This summer I had the experience of a lifetime in the nation’s capital, Washington D.C. With help from the Pacific Fund and Pacific professors who wrote recommendations for me, such as Dr. Helgren and Prof. Frederickson, I participated in The Fund for American Studies (TFAS) program with a track in political journalism at Georgetown University.

I applied to attend TFAS after former Lifestyle Editor, Brianne Nemiroff, left Pacific to attend the semester-long TFAS program. She encouraged me during my application process and I’m very grateful for both her and for TFAS, or I would not have had such amazing and life-changing experiences this summer.

While in D.C., I interned at the National Consumers League (NCL) and specialized in communications. Every weekday from 9 a.m. to 5 p.m., I went to their downtown office to do research on consumer issues and the work that other consumer non-profits were doing, compile a news roundup for the staff, write and edit articles for the organization’s website and write questions for the organization’s annual high school quiz competition, LifeSmarts. Occasionally, I left the office, such as when I accompanied the executive director to an interview with ABC World News and when another intern and I went to an office building of the House of Representatives to hear a briefing about the dangers of hormone therapy. The internship was a great experience that gave me a better understanding of both public relations work and what it’s like to work in the non-profit sector.

When I got back to Georgetown, I went to lectures and classes. I took two courses: one on journalistic ethics and one on microeconomics. Lecture topics included writing about immigration issues and reporting from a war zone. The ethics class focused both on traditional ethical theories and on journalistic issues, and the class discussions were thought-provoking and dealt with a range of real issues in the world of journalism, such as the question of what influences an article or photos’ objectivity or bias.

TFAS also organized tours and briefings and through the program, I visited the White House, Mount Vernon, the State Department and the World Bank. All of these institutions have a long and fascinating history with beautiful architecture and a specific mission, which the tour guides and staff were happy to share with us. One afternoon, I was part of a small group of the journalism students who met with Richard Just, the former editor of the magazine, The New Republic, and a current editor of Newsweek. Just talked about the process of editing and writing stories at TNR, and also discussed political magazines, particularly those who tend to lean to the left, such as TNR, The American Prospect and The Nation. Other journalism small group trips included The Weekly Standard, ESPN’s Pardon the Interruption, Meet the Press, Hardball with Chris Matthews, radio stations and Politico. My own small group experience was one of the highlights of my summer, and made me think more about my options for journalism. I’ve always thought about working for a newspaper if I were to become a journalist, but Richard Just’s story made me realize how intellectual, creative and thought-provoking many political magazines are. I read more news and magazine articles than I ever dreamed possible while I was in DC, and TNR, The American Prospect, The Washington Post and The New York Times featured some of the best articles I’ve read in years.

On the morning of June 28th, the Supreme Court upheld the constitutionality of the controversial health care law passed in 2009. Minutes after the decision was announced by the major news outlets, I received permission from my internship to take the Metro, a subway system in Washington D.C., down to the Supreme Court and witness history. Individuals from all different political persuasions were there to either celebrate or protest the landmark decision. People dressed up in costumes, such as a doctor or the Grim Reaper, gave testimonies of how they perceived the health care law will impact the country, chanted slogans and held up signs. Both sides were fairly represented, but those who opposed the ruling tended to be more theatrical, whereas supporters used more conventional tactics, such as signs and chants like “We Love Obamacare.” Reporters and security guards were everywhere and, after a while, outnumbered the protestors and celebrants.

Another highlight was a visit to the Newseum. It is a museum dedicated exclusively to the history and business of reporting the news, and includes such exhibits as Daniel Pearl’s laptop, the outfit Hillary Clinton wore when she announced her presidential run and a part of the Lincoln Wall. There is a wall full of photos and names of all the reporters who have been killed while doing their job, and it made me have even more respect for the profession and the people who have literally risked their lives to inform the public and tell the truth about dangerous and tragic situations and wars.

I gained a better appreciation of what I do here at Pacific and for this newspaper. While I may not exactly be risking my life by working for The Pacifican, it gives students an outlet to express their views, report honestly and accurately on everything from administrative actions to the latest fraternity party. Student journalism inspires many to pursue careers in professional journalism, where the stakes are higher but the goal is the same. I met many other student journalists from all over the country and even around the world, and I hope to keep in touch with them and follow their future great careers. Perhaps after I graduate from Pacific, I, too, will have a great career reporting and analyzing the important events in our nation and our world.
What’s going on today in Stockton?

Find out on the area’s largest events calendar at www.CelebrateStockton.com!

Mark your calendars...

Sept 7-9
Greek Food Festival

Sept 14-23
Stockton Restaurant Week

Sept 20-30
San Joaquin County Fair

Oct 6
Stocktoberfest

Connect with us to find the latest event info, follow us on Twitter at Twitter.com/Stockton_CA & on Facebook at Facebook.com/CelebrateStockton.
A New Tiger's Guide
Do’s-and don’t of finding your Tiger-legs

Jesse Voelkert
GENERAL MANAGER

Freshman again. It’s like high school all over, only this time you are the same height as the upperclassmen. There are a couple things to note as you start your college career. Some of these things may help you to blend in, make friends, and overall have a more fruitful first year here at University of the Pacific. Keep in mind many of these are directed towards the freshmen living on campus, and are based on my personal experiences as an ex-freshman.

There are several key identifiers that people use to spot out a freshman—many of which were given to you by the kind administrators and volunteers you thought you could trust. Your lanyard that enables you to wear your Pacific ID like a name tag may seem awfully convenient, but in reality it serves to let other Pacific students know who is new on campus. Other markers may include MOVE bottles, Tiger Tracks backpacks and using trays in the DUC. Of course, there is nothing wrong with being a freshman by any means. It’s important to not let being a freshman stop you from interacting or befriending upperclassmen. Regarding friendships...

University of the Pacific is a small campus. Soon enough, you’ll be convinced you see the exact same face every time you go to eat at The Lair.

The easiest and most effective way to make friends and meet people of similar interests is through clubs and organizations. Pacific has a wide variety of clubs, particularly for being a small school. There are clubs that involve specific hobbies, from video-games to biking; those that are based around religions or culture; and organizations, like the CCL which offer a huge amount of community service opportunities.

Not to mention, a considerable portion of Pacific students take part in Greek Life on campus, which ranges from social fraternities and sororities to those that build around a specific profession or culture. Of these, there are bound to be at least a couple things to be interested in, and many are open to how much time you have to contribute to them. If you are signing up for a bunch of email lists, consider using a less used email in the beginning to avoid the inevitable event spam in your main email.

There are a couple other things. If you haven’t figured it out by now, leaning back in your dorm chair exposes its true purpose as a death trap. Also, the meal-point chart is surprisingly useful. Take advantage of it, or you may end up bringing back half of The Grove with you when you leave this summer.

Get to know your roommate; he or she may be the greatest friend you meet at Pacific. But remember, nothing says that has to be the case either. Roommate-from-hell scenarios do happen, but it is pretty unlikely it will happen to you. And even if it does, there are resources on campus to help you out with that.

Perhaps most important of all—don’t forget why you’re here. College presents the opportunity to have amazing, life-changing and unforgettable experiences, but at the end of the day, you want to leave Pacific with a degree and in good standing. Put yourself in a position where you can have the best of both worlds. Remember, you’ll feel much better at that party knowing you’ve done everything you need to do.

At the end of the day, you’ll be amazed at how quickly you fall into the routine and mesh with the general Pacific culture. Just remember to keep an open mind and try everything—this will be your last freshman year.

Find your niche at Club Rush

Juliene Sesar
EDITOR-IN-CHIEF

ASuop will be hosting Club Rush to encourage all new and returning students to join some of Pacific’s many clubs, professional fraternities, and organizations.

The event will be on Thursday, Sept. 6th from 4:00 p.m. until 7:00 p.m. on the DeRosa University Center’s lawn.

Organizations are encouraged to register online at orgsync.com before the event to receive a QR code for their group so that students can scan and be directed straight to their Orgsync homepage.

Kelly Asmus
LIFESTYLE EDITOR

College can be one of the most stressful and exciting times in a person’s life, and with all these different emotions, packing can be a daunting task. Here is a list of some of the items most college freshmen forget to pack for school that really should not be forgotten.

Flash Drive. During presentations, there is almost always someone who has technical difficulties; email does not work, their computer is not compatible with the projector, or there just is no wireless internet connection. Having your presentation on a flash drive will help reduce or eliminate these complications and have you looking organized and put together for your professors, as well as always having all your important information at your finger tips.

Cleaning Supplies. You may only have a small room that is partially filled by someone else, but that small room can get rather dirty. Even the bowls, spoons, plates, and other random kitchen items need to be cleaned well. Remember the sponge and dish soap, and maybe some febreze and disinfecting wipes to help keep things looking and smelling clean.

Security. A small safe or a filling cabinet with a lock can be a great thing to have around, especially if your roommate likes to have people over when you are not there. Peace of mind comes with the knowledge that your laptop is not just sitting on your desk or your wallet just in the top drawer.

Rain Gear. Summer time may be nice, but when September comes around, so does the rain. Pack not only for the season that...
Wish I knew this as a freshman...

- There's a cafe at the pharmacy school on North campus.
- There are classes at Morris Chapel (Colliver Hall).
- It costs $25.00 for a new ID, but it is free if it no longer works or is stolen and you have a police report.
- You can rent laptops, blankets, headphones, pillows (during finals), ear plugs, and study rooms at the library.
- The Grove occasionally charges for bags so B.Y.O.B.
  (Bring your own bag)
- OIT fixes your computers for free (good luck if you use Apple products).

You can get a free dental cleaning with your Pacific ID at the School of Pharmacy and Health Sciences.

- There's an app for Droids that helps you manage your Pacific Cash account.
- Public safety offers free registration for Front Door Software which lets you track your laptop if it is stolen.
- There is free tutoring for students at the McCaffery Center next to the Grove.
- The CRC offers free career counseling, and other services, like mock interviews.

- Leave your food on your plate at the DUC because Bon Appetit composes extra waste.
- Social Greek recruitment starts spring semester for freshmen (You have to have a 2.5 GPA).
- You can buy Regal Cinema tickets for $7.00 at the DUC.
- Pacific offers Gap Grants, a onetime only grant that you can receive from the university. Applications can be found at: http://www.pacific.edu/About-Pacific/AdministrationOffices/Office-of-Financial-Aid/Types-of-Financial-Aid.html.
- Don't get a private loan if you can get a loan from the government.
- Bon Appetit's daily menu can be found on their website at http://www.sustainable-dining.pacific.edu.
- The River Room on the second floor of the DUC is the only place on campus that is all you can eat for a flat fee.
- Cheap student trips to places like San Francisco and Las Vegas can be found at ASUOP.pacific.edu.
- The WPC has even numbered classes on one side (west) and odd numbered rooms on the other (east).
- There is a roll-over of $300.00 from fall to spring for Meal Plan points.

Don't come to campus without these...

COLLEGE ITEMS

- Extra Sheets. Space is valuable, and leaving your bed unmade while washing sheets can really cramp your spaces vibe. Keep an extra set of sheets around to make your bed when washing and this space is continually utilized; and hey, you can even take your time washing the other set.
- Sewing kit. Clothes do not last forever, and you don’t need to be a seamstress to mend a little tear in your jeans or shirt. Most stores offer travel sewing kits that come with a few needles, different colored thread, replacement buttons, and a “threader” (for those people who have trouble threading a needle).
- College can be one of the most stressful and exciting times in a person’s life, and with all these different emotions, packing can be a daunting task. Here is a list of some of the items most college freshmen forget to pack for school that really should not be forgotten.
- Flash Drive. During presentations there is almost always someone who has technical difficulties; email does not work, their computer is not compatible with the projector, or there just is no wireless internet connection. Having your presentation on a flash drive will help reduce or eliminate these complications and have you looking organized and put together for your professors; as well as always having your important information at your fingertips.

Formal Clothing. Everyday wear can stay your classic jeans and a t-shirt but college offers the transition to the more formal duds you have in your closet.

- Earplugs. Roommates pose many new problems, including noise. Whether while studying or sleeping, something to get the noise level down can be a critical and essential item to make it through the year.
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- Extra Sheets. Space is valuable, and leaving your bed unmade while washing sheets can really cramp your spaces vibe. Keep an extra set of sheets around to make your bed when washing and this space is continually utilized; and hey, you can even take your time washing the other set. 
Block party begins year with a bang

The University kicked off the welcome week events on campus with the annual Block Party on Saturday August 25th. The block party was put on by ASUoP and free to all students. Block Party t-shirts were handed out as well for students who stopped by Grace Covell Hall in the afternoon.

This year, a Facebook competition was held for two student DJs to be featured at the beginning of the night. Pacific students ‘liked’ their favorite submissions to vote for the mixes they thought were best. Winner Shaun Ente opened the night with his 45-minute set followed by the other winner, Joseph Quijano, from 10:45 p.m. to 11:30 p.m.

Students were coming and going all night long, the loud music and crowds of people seeming to continually attract new faces to the party. Sophomore Chelsea Palacio said “The lights were really cool this year and the set-up was perfect for both dancing and socializing because there was plenty of space for moving around.”

Freshman who just returned from their MOVE trips, cleaned up and headed out for the event. Freshman Becky Grabow said “it was super fun because it provided us with more time to catch up with new friends from student orientation and our MOVE trips. It was a great way to have some fun and meet new people before the school year started!”

Block Party is also a great way for old friends to reconnect after a long summer apart for some of the upperclassmen. “It was great running into all my old friends I hadn’t seen since last spring!” Palacio added.

Block Party left as quickly as it came with the tear down being done before most students were awake the next morning. Any students who missed the busy event this year can look forward to the next annual Block Party next fall.
LOVE in Las Vegas

Juliene Sesar
EDITOR-IN-CHIEF

The Beatles LOVE Cirque du Soleil LOVE) is a captivating Las Vegas performance that explores the history of the United Kingdom through the use of music from The Beatles and Cirque du Soleil performance artists; it is sheer genius.

Last Sunday night, I visited Las Vegas with my older sister, to celebrate my birthday, and we decided to see the show that, for the last five years, has graced the Mirage in Las Vegas, Nev.

The most important thing to remember is getting tickets to see the show intelligently. Luckily, TixTonight, which has two locations on the Las Vegas Strip, provides lower priced tickets for the show. There is a range of seats you can purchase: the seats at the top of the theatre are around $63.00; the seats on the back balcony in the front are around $102.00; the seats that I paid for were around $120.00 for seats in the back of the front section. However, that’s not where I sat.

Remember, a little sweet talk never hurts when speaking to the person who is deciding the seats you will enjoy a show from. My sister and I had a conversation with the lady helping us and she appreciated us being “easy customers”. We sat in the fifth row right next to one of the main entrances of the stage. Don’t forget to smile for your hosts.

LOVE is performed in a round stadium style theatre with ever changing stage design as the music switch between The Beatles classics. The show showcases the vibrant colors that so distinctly marks the era that defined The Beatles and what their music is about.

As the Mirage states on their website, “Beyond tribute, this is a physical manifestation of their music and lyrics. Using the master tapes from Abbey Road Studios, Sir George Martin and his son, Giles, created the three-time Grammy-winning soundtrack.”

Here are some of my favorite scenes:

1. The opening begins with the classic showing of the British Empire: the man with the tea pot. Tea, of course being a staple in British culture, is represented by a bald man in a mad scientist looking silver trench coat. I slightly suspected it was Dr. Evil, but he soon changed my mind when he joking pored smoke that issued from his teapot on to the man’s head in front of me. The man’s hair smoked for a solid minute as he tried to shake it out.

2. Next, four young men with umbrellas filled with smoke walked across the stage representing young love throughout the show. One of the four always found himself without a partner to fall in love with and walked aimlessly around the stage with a bouquet of yellow flowers. In the end, he falls for one of the most flexible female acrobats as red (paper) flower petals fell all over the stage and audience during the recording of “All You Need Is Love”.

3. Also, what makes LOVE a must see is a recording of the members of The Beatles as they express the anxiety of using a busy crosswalk that matched the famous album cover of Abbey Road. The theatre used a transparent black screen, black and white lined carpet, spot lights, and black figures to represent the four Beatles attempting to cross the dangerous street. It was entertaining and a great insight into the group dynamic that the world fell in love with.

If you would like to see a cirque du soleil close to home, on Oct. 19th Cirque Du Soleil Dralion is playing at the Stockton Arena. Tickets at a discounted rate for students, faculty, and the Stockton community can be found at ASUOP.pacific.edu. ASuop will also be providing transportation there and back from the show.
The sweetest satisfaction: San Francisco feast

Natalie B. Compton
SOCIAL MEDIA COORDINATOR

Summer may be simmering out, but there is still time to savor the sweets of the season. Before you get bogged down with coursework, make a pilgrimage to San Francisco to enjoy the decadent freedom of being far from finals and taste some of the best desserts the city has to offer.

Aquerello: For a romantic rendezvous, visit Aquerello in Nob Hill. Named for its original watercolors, Aquerello is charming and intimate. The wood-beamed, vaulted ceiling and soft lighting create a warm rustic atmosphere. The warm Mediterranean colors and crystal decanters ooze Tuscan elegance. The food is as wonderful as the setting. Aquerello has been awarded a Michelin star every year since 2007. Each dessert is meticulously crafted and seems almost too beautiful to eat. Try the peach Bavarian with black pepper meringue, compressed peaches and tarragon sorbet. For a different kind of treat, opt for the cheese cart filled with artisanal Italian choices.

For more information, or to make a reservation, call 415-557-5432.

Gary Danko: Fisherman's Warf may usually be known for its tacky tourist shops and mediocre seafood, but tucked in quietly is the San Francisco institution, Gary Danko. This restaurant is one of the city's finest and features some of the most exquisite dishes you'll ever find. The classic Gary Danko dessert may be the baked chocolate soufflé with two sauces, but try the seasonal treats before the Autumn menu arrives. The warm Louisiana butter cake with peaches, huckleberry sauce and vanilla bean ice cream is one such treat. Made with cassis-soaked in buttermilk over night, this dessert is divine.

For more information, or to make a reservation, call 415-749-2060.

Spruce: Stop by Spruce in Laurel Heights for some old school luxury. Its dark wood and massive white marble bar create an air of indulgence matched only by the restaurants dessert menu. Order the cherry bombe with almond semifreddo dacquoise with angostura gastrique. Translation: a semifrozen, layered cake. The dessert is a beautiful glowing half sphere full of surprises and surrounded by luscious cherries.

Looking for something gluten free? Try the peach ice cream float with ginger soda and blackberry granita. It's a perfect light and refreshing delight.

For more information, or to make a reservation, call 415-931-5100.

Before entering the doldrums of school life, escape to the city for a taste of the good life. Send summer off with a bang and make the trek. Bon appetite.

Marketing the music

Kelly Asmus
LIFESTYLES EDITOR

Looking for an opportunity to showcase your marketing and communications talents? Well look no further than just off campus.

The Stockton Symphony Association is now looking for two people to fill their internship opportunities for the 2012 Fall and/or 2013 Spring semesters. These opportunities are non-paid but could offer great work experience to anyone in the fields of marketing or communications. More information and how to apply can be found on Tiger Jobs.

Alexandra Caspero
CAMPUS DIETITIAN

If there is one aisle at the supermarket that seems to cause the most confusion, it's probably the cereal one. With multiple health claims, weight loss promises, and scientific jargon, choosing the right cereal can seem like a tedious process. NutriCat's got you covered with this quick guide to selecting what matters.

Whole Grains

Instead of putting percentages of whole grains, most manufactures list grain amounts in grams, which takes a bit more decoding. The ingredient list is the first place you should look; 100% whole wheat, whole grain or bran should be the first ingredient. If it's anything else, put it back.

Calorie Limits

First, check out serving size. While 1 cup is the standard portion of cereal, some servings vary from ¼ to 1 ¼ cups. Sneaky, huh? NutriCat recommends no more than 250 calories per cup, especially since more than that. Don't forget about the milk which adds an additional 50 calories per ½ cup.

Fiber

To get the "best of both worlds", you want a cereal that contains both soluble and insoluble fiber. Soluble fiber helps bind and reduce cholesterol, while insoluble fiber adds bulk to the digestive tract. The evidence that fiber helps prevent heart disease and diabetes comes when people eat fiber found in whole grains and bran. Most cereals with added fiber get it from "isolated fibers" like oat, corn, or insulin. The jury is still out on whether these fibers offer the same benefit as intact fibers. Unfortunately, you can't tell on the label which fibers occur naturally and which ones have been added. Most of your >6g fiber per serving (unless it's mostly bran) rely on these added fibers. Whatever you choose, look for at least 3g of fiber per serving, preferably from dried fruit, whole grains, and bran.

Added Sugars

Just like fiber, it can be hard to determine between naturally occurring sugar in fruit and sugar which has been added, like brown rice syrup, brown sugar, honey, molasses, etc. Look at the ingredient list to determine sugar amounts and frequency. If it's listed in the first 3 ingredients, it's probably high in sugar. Attune Foods brand Uncle Same cereal has less than 1g of sugar per serving, yet contains 100% all-bran bran flakes as well. You can sweeten the cereal yourself with sugar or fruit. Remember, it's cereal, not donut or pastry.

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NUTRICAT'S CORNER

Breakfast: Choosing the right cereal for a healthy Tiger

Alexandra Caspero
CAMPUS DIETITIAN

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Women’s basketball wraps up French tour

Ruben Dominguez
SPORTS EDITOR

Coming off the program’s most successful season in history, the Pacific Women’s Basketball team began this year with a nearly two-week trip to France, complete with tours, sightseeing, and four exhibition games against top French teams.

“An overseas trip is an immensely valuable experience for our program,” Pacific head coach Lynne Roberts stated before departure, “not only as a first-hand educational experience, but also athletically. This trip provides additional practice dates, additional professional competition, and makes an already close-knit group even more cohesive on the court.

As we look to build upon last season’s post-season victory, this experience can help our program get a head start on our 2012-13 goals.”

The Tigers arrived in Paris on Aug. 13. With the first game four days away, the team took in the sights and sounds of France’s capital city. The team toured Paris, enjoying the Eiffel Tower, the Bateaux Mouches boat tours, Sacré-Coeur, Musée d’Orsay, Notre-Dame, the Louvre, and the Palace of Versailles. Erica McKenzie, senior, was the focal point of attention early on, as she celebrated her 21st birthday on the France trip.

The fun and games were over—temporarily, anyway—six of Pacific’s 28 steals.

“It definitely looked like August,” Roberts told the media after the game, “It looked like our first game in a while. Thankfully, we have time to get to where we need to be before the season opens in November.”

Pacific started the game on fire, opening with a 13-0 run. As they did in the first half, the Tigers kept up an early pace and held a 14-12 lead. Nice took control of the action. Despite a three-pointer, the Tigers opened the second half with a three-pointer. Pacific increased its lead for the win. The team headed off to Lyon, where the next two games of the schedule would be played. The first of those games was against Villeurbanne. Shaking off the rust they showed against Franconville, the Tigers exploded to a 20-2 lead, never letting the contest get much closer in a 77-49 victory.

“I thought tonight we played a lot better,” Roberts revealed afterwards, “We played more like ourselves and played much much better in all facets. The defense was better, the offense was significantly better. It was a total team effort.”

Against Lyon, which plays in France’s top professional league, the Tigers finally trailed in a game. Lyon did a lot more than take the lead, as the professional squad dominated Pacific 92-50.

“That was a very experienced, very talented and very successful professional team,” Roberts commented. “They play at the highest level in France, a country of 55 million people. I thought our kids competed. We got a little tired and it felt like 100 degrees in that gym.”

After the rough outing against Lyon, Pacific was allowed a few days of recuperation as the squad moved to Nice. Taking in the sights, the Tigers toured Monaco, following in the footsteps of the USA 1992 Olympic “Dream Team”, which held its pre-Olympics minicamp in Monaco.

On the penultimate day in France, the Tigers wrapped up their schedule against Cavigal Nice. Pacific jumped out to an early lead before Nice took control of the action. Despite a furious Tiger comeback, Nice held on for the 66-54 win.

“We never quit,” Roberts asserted after the game. “We cut it to nine, but couldn’t get much closer. We did a good job of battling back and cutting into that lead. That’s what this team does, but we shouldn’t have been in that situation. We have got to get better.”

The Tigers kept up an early pace and held a 14-12 lead. Nice took control of the half from there, scoring 19 of the final 23 points, including thirteen unanswered at one point, to take a 33-18 lead at halftime.

As they did in the first half, the Tigers opened the second half with a three-pointer. However, Nice continued to control the action, building a 61-42 lead late in the game. Pacific then began a ferocious comeback, scoring ten unanswered and cutting the lead to just nine points. Nice managed a three-pointer and proceeded to run the clock out, sealing Pacific’s fate.

Overall, Pacific ended its summer France tour with a 2-2 record, early practice and game experience as a team, experience against quality professional competition, and a trip full of sights, sounds, pictures, fun, and memories to last a lifetime.

“The good thing about this trip is that it shows us the things we need to work on,” Roberts summarized. “We approached this as pre-season training. Our practices, but with really more intense focus. And that’s really productive. We would have loved to have gotten to 3-1 tonight, but it gives us a great springboard to next season and tells this veteran group what we need to work on.”
Pacific begins final year in Big West Conference

Ruben Dominguez
SPORTS EDITOR

The massive college sports conference realignment, which began in the summer of 2010 with the Big XII Conference losing Colorado and Nebraska to the Pac-12 and Big Ten, respectively, has extended its reach to the Pacific Tigers.

Starting in the 2013-14 academic year, the University of the Pacific will move to the West Coast Conference (WCC), joining BYU, Gonzaga, Loyola Marymount, Pepperdine, Portland State, Saint Mary's, San Diego, San Francisco, and Santa Clara. Pacific was a founding member of the WCC in 1952, back when it was called the California Basketball Association.

When the move takes place next year, ten current Pacific sports—baseball, men's and women's basketball, women's cross country, men's golf, women's soccer, softball, men's and women's tennis, women's volleyball—will begin West Coast Conference play. However, there is still one more piece of business the Pacific, added, “joining the WCC means saying goodbye to the Big West. For the past 41 years, Pacific has been a proud member of the Big West Conference. I want to thank member institutions for many years of excellent competition and generous sportsmanship. Our players and coaches have learned so much from you. Thank you, Big West, for what will have been 42 fantastic seasons.”

In the now 42 years it has been a member of the Big West, Pacific has put out some of the best individual athletes and teams in Conference history. Pacific’s two national championships (both in women’s volleyball) came in 1986 and 1987 as a member of the Big West. Recently, Pacific’s softball team won its first ever Big West Championship in 2011, while Alex Edfort, now a senior, captured an individual Big West golf championship last season. Bob Thomason, Pacific’s men’s head coach, is the winning coach in Conference history.

The leave of the will mark the end of Pacific’s head coach as well. The summer, announced that the 2012-13 season will be his last as head coach of the Tigers. Knowing that, does not want to go out without a championship. "After next season, will be the perfect time for me to retire from Pacific," Thomason told reporters. "We will have a team that can compete for Big West Championships. The team will be even better the following season."

The Big West Conference has already made plans to replace Pacific. Boise State, Hawaii, and San Diego will join the Big West sports except football when Pacific leaves in 2013.

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$10/hr - Student Caller: Entry-level position with the Pacific Fund, responsible for contacting Pacific Alumni, parents and friends to inform them of campus news and events, update their contact information, answer any questions about the University and solicit financial support for Pacific.

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3601 Pacific Avenue
Stockton, CA 95211
Women's volleyball undefeated in Idaho

Ruben Dominguez
SPORTS EDITOR

The Pacific Women's Volleyball team finished the 2012 Idaho Nike Invitational undefeated, taking out Idaho, Washington State, and Montana in the process. The Tigers didn't make it easy on themselves, twice rallying from down 2-0 for 3-2 comeback wins.

The first of those matches was the team's season opener against the home team, Idaho. After dropping the first two sets in razor-thin fashion, Pacific stormed back to take the final three sets in convincing fashion.

In the third set, the Tigers capitalized on the Vandal errors to take an early 13-7 lead. That lead never waivered, as Megan Birch, junior, and Gabby Cowden, senior, came through with kill after kill.

Pacific jumped out to another 13-7 lead in the fourth set on another kill by Birch. Just when Idaho looked to be in rallying form, the Tigers held their ground, keeping the lead—partially thanks to a late service ace by Hannah Clancy, senior.

The fifth and final set was all Pacific, as the Tigers completed the five-set comeback thriller.

Birch finished the match with a career-high of 21 kills. The final tally for the match was 3-2 (23-25, 24-26, 25-18, 25-17, 15-9).

The middle game for the Tigers proved to be their easiest, as Pacific easily defeated Washington in straight sets (25-21, 25-14, 25-16).

Only the first set proved to be truly competitive, as Pacific's early lead was wiped away thanks to a 4-0 run late in the set by the Cougars. With the match tied 20-20, the Tigers matched Washington State's earlier 5-1 run with one of their own, closing out the set with a win.

The second and third sets were never in doubt, as Pacific's defense held Washington State to just .014 hitting percentage as a team (including -.068 in the second frame).

Clancy was the standout for Pacific in the sweep, tallying a match-high of 26 blocks in the final two sets for the match victory (19-25, 21-25, 25-20, 25-15, 15-8).

With the tournament title up for grabs, the Tigers decided to make it harder on themselves again, dropping the first two sets to Montana.

Trailing 16-14 in the third set, Gillian Howard, sophomore, served a 4-0 run by Pacific, which included two blocks from Cowden, leading to a Tiger third set win.

With the momentum fully in their corner, the Tigers took control of the match. Holding Montana to .000% hitting in the fourth, Pacific dominated the final two sets for the match victory (19-25, 21-25, 25-20, 25-15, 15-8).

Cowden, with her career-high of 26 blocks in the final match, was named Idaho Nike Invitational MVP. Birch and Jennifer Sanders, junior, were also named to the all-tournament team.

Pacific will be in action once again this weekend as hosts of the 34th Annual Community Bankers Classic, Aug. 31st through Sept. 1st at the Spamos Center. The Tigers' first match will be against Portland State Friday at 7:00 p.m.

Former tiger dancer makes Kings dance team

Athletic Media Relations

June 28th, 2012—The Pacific Athletic Department announced that former Tiger Dancer Angela Inouye was named a member of the Sacramento Kings Dance Team. Angela was a three year member of the Tiger Dancers and graduated this past May with her bachelor's degree from the Eberhardt School of Business.

"I am very excited and I can't wait for this journey of being a Sacramento Kings Dancer to begin," said Angela. "I feel I am very prepared for this NBA season - because I had the privilege of cheering on our Pacific basketball teams for three years - even though I had danced for many years, it was my experience with the Tiger Dancers that taught me how to be fearless and just perform from my heart."

The three day audition process included photo shots, interviews and a solo performance as the dancers were vying for a spot of the 15-member squad. Angela will be participating in a number of promotional events starting tonight as the Sacramento Kings prepare for the NBA Draft.

"We are extremely excited for Angela to have earned a spot on the Sacramento Kings Dance team – it is a wonderful opportunity for her and she is truly deserving of it," said Georgia Kovich-Lee, Director of Athletic Marketing and supervisor of the Tiger Dancers. "I think this achievement also speaks highly of the Tiger Dancers as it reflects the type of talent we have on our team."

Angela is the second senior captain of the Tiger Dancers who tried out of a professional team this year as senior captain Hillary Hudson was a finalist for the San Diego Chargers in April. The Kings 2012-13 season will tip-off of early October.
COLD HARD FACT:
21 MEANS 21.

When it comes to Rocky Mountain Cold Coors Light, play it smart. Wait until you're 21.

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