Breaking the Contract

Deyanira Monreal
STAFF WRITER

Studies show that living on campus provides students with a better learning environment as they have access to staff, peers and other services. These students also tend to reflect higher GPA's and report an overall better experience due to living on campus. While there are definitely certain amenities to take advantage of at Pacific, including facilities like the Baun Fitness Center, Janet Leigh Theatre and the DeRosa University Center, students are questioning whether living on campus is worth the cost.

The increase of Pacific's tuition, in addition to the Cal Grant budget cuts, has taken a visible toll not only on students, but also on the Housing and Greek Life department and the University as a whole. Given that University of the Pacific is a private institution, Housing and Greek Life was hit hard when so many students were looking to back out of their signed housing contracts. Torry Brouillard, Executive Director for Housing and Greek Life, shared some numbers that may help put this into perspective.

"In the 2011-12 school year, there were a total of 136 petitions submitted to be released from their housing contract for both the Spring and Fall semesters; of these 136, 94 petitions were due to financial reasons. For the 2012-13 school year, we have already had 100 petitions to be released from their housing contract; of these petitions, 70 have been for financial reasons. These are petitions only for fall and are not including petitions we will receive from this point forward." Diana Lujano '13 is amongst many like her who value the experience of living on campus but was affected greatly due to financial reasons. Torry Brouillard, Executive Director for Housing and Greek Life, shared some numbers that may help put this into perspective.

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31st Annual Labor Day Pow Wow

Sara Lopez
CONTRIBUTING WRITER

The University of the Pacific was home to the 31st Annual Labor Day Pow-Wow this past weekend to the delight of the students who appreciated the opportunity to have some fun after their first week back on campus. Presented by Pacific's Native American Student Association, Stockton Community Pow-Wow Committee, and the SUSD Native American Culture Center, the pow-wow not only shared rich culture and traditions with the public, but also educated and celebrated while strengthening ties to Native American heritage. In its new home behind the Wendell Phillips Center, the pow-wow was a great place for people of all ages to gather and enjoy the delicious foods, colorful sights, and traditional music and dancing that can only be found at a pow-wow. Vendors set up on Pacific's campus Friday afternoon and displayed their wares running the gambit from deer-hoof rattles to t-shirts with stoic portraits of chiefs and warriors screen-printed on the front. Pacific student Chloe Yaw '14, was examining tables laden with goods and said that she noticed that the event had grown from last year and that she enjoys looking at all the artwork and cultural objects. Yaw said, "I like learning about different cultures-it makes you a more open person."

Many of the items for sale were handcrafted by Native Americans from tribes all over America. Vendor Jan VanBalen from Southwestern Stitches was back for her twentieth year at the pow-wow. Her tent housed an impressive collection of goods, including dolls in traditional dress, items with intricate beadwork, silver and turquoise jewelry, and much more. When asked about her items, VanBalen shared that she made every effort to buy only objects that she enjoys looking at all the artwork and cultural objects. Yaw said, "I like learning about different cultures-it makes you a more open person."

Burnie Atterbury: VP of Development and Alumni Relations

Karla Cortez
NEWS EDITOR

University of the Pacific just recently filled the position of Vice President for Development and Alumni Relations. G. Burnham "Burnie" Atterbury will start his new role at Pacific on September 24th, 2012. Atterbury will be replacing Janet Dial who has been serving as Interim Vice President for Development and Alumni Relations. She will remain a key advisor for the university.

"Burnie is a highly respected professional who brings deep experience and vision for higher education fundraising at universities like Pacific," commented President Eibeck in her August 29th press release. Atterbury comes to Pacific from a previous position as Associate Vice President for Development at the University of San Francisco where he was in charge of a staff of 40 responsible for planned gifts, building relationships between the university and its supporters, as well as alumni relations and the advancement of services and events. Since Atterbury began working at USF in 2003, he has filled a variety of fundraising roles including Assistant Dean for...
To breach or not to breach: Housing Contracts

BREAKING THE CONTRACT
CONTINUED FROM PAGE 1

to monetary issues, “My Cal-Grant got reduced, and Pacific’s tuition increase meant that my family contribution had to increase even though they are not able to provide me with enough as it is already.”

Lujano is certainly not alone—senior and piano performance major, Jason Jeffrey admitted that money was the number one factor in making his decision to live off campus. Jeffrey describes being affected by these factors as having to make lifestyle changes: “less spending on superfluous and superficial items, no meal plan, no housing on campus, my family had to come up with a plan, pull from retirement and loans to pay for my education.”

While it is mandatory that freshmen and sophomores live on campus in the residence halls, upperclassmen (juniors and seniors) have the option of living in the apartment complexes the University provides, or can choose to live off campus. This option is given to students around the same time we sign up for classes in the spring. What many students fail to recognize is that Housing and Greek Life depend on students to follow through and honor their contracts just as much as we depend on the University to help us graduate and be successful. When students sign their housing contracts, they are entering a legal, binding contract with the University; the number of students living on campus comprise the budget Housing and Greek Life have to work with for the upcoming year. When the University is counting on a amount of income (based on those who signed up for housing) and suddenly students can’t afford to follow through, it puts both the student and the University in very precarious situations.

Brouillard states some of the ways in which Housing utilizes funds to improve life at Pacific: “We continually need to evaluate how we invest in our facilities. A majority of our investment goes towards the more unseen repairs—roofs, fire systems, ADA accessibility, energy efficient windows. We are looking for ways to keep housing as affordable as possible and find money within our budget to take care of the unseen needs, but also add spaces and environments that are competitive in the Stockton area.”

Gerardo Ojeda, a sophomore at Pacific, already has plans to live off campus as soon as he reaches junior standing. “The mindset is plain: why pay more or burden yourself with unnecessary debt if such sacrifices need not be? These are economic times filled with great strife, and if an individual can be fiscally responsible with their limited monetary resources, then they will be.”

“If tuition was brought back down to a more realistic price, if buying a meal plan was not something that was forced upon students, and the accommodations actual equalled the value of what was being paid for them, then I would consider moving back on campus in the future. As it stands, I have no plans on returning to live on campus next year; the price just isn’t right” Ojeda said.

Diana Lujano also commented, “It is unfortunate that I wasn’t able to live on campus for more than one year because it gave me one of the best experiences out of my college career... having such a supportive environment on campus puts students more at ease, something that students do not receive at home.”

The Courage to Remember

Karla Cortez
NEWS EDITOR

On Aug. 28th, the Jeannette Powell Art Center’s Reynold’s Gallery opened “The Courage to Remember” Holocaust exhibit. Reynold’s Gallery, located on 1071 Mendocino Ave in Stockton, Calif, will host the exhibit until Sept. 21st.

Presented by The Foundation for California “because violence against racial, ethnic, and religious minorities continues to mar civil society”, the traveling exhibit provides a unique look at a piece of history.

The exhibit, which is based on the internationally known “Courage to Remember”

![Reynold's Gallery](https://via.placeholder.com/150)

*“Courage to Remember” exhibit announcement.*

200 Holocaust photos that cannot be seen anywhere else in the world...

Viewed by millions across 20 countries on 6 continents...

The exhibit is free and open to the public Monday-Friday 9 a.m.-4:30 p.m. For more information, please contact the Visual Arts Department at Reynoldsgallery@pacific.edu or 209.946.2241.

G. BURHAM ATTERBURY
CONTINUED FROM PAGE 1

Law Development and Senior Director of Major Gifts.

Here at Pacific, Atterbury will be serving a similar role by working with the leadership of Pacific’s eight schools, and the College and Intercollegiate Athletics in order to oversee development and advancement functions at Pacific. This would include major gifts, planned giving, the Pacific Fund, corporation/foundation relations, the Pacific Alumni Association, and other advancement services. Atterbury expressed that he was "excited to join a dynamic team, led by President Pamela Eibeck and the Board of Regents.”

The university’s hopes are that Atterbury’s experience with business development, marketing and sales at USF on top of his experience at USF will give him the tools he needs to help Pacific move forward with its Strategic Plan. “The strategic plan is critical as a basis for designing a new fundraising campaign for Pacific. One of my first steps will be to work with the development and alumni relations team, members of the Board of Regents, and the Pacific Leadership team, to begin the process of outlining the next steps to launch this campaign,” commented Atterbury. “I am particularly drawn to Pacific because as a leader in private higher education, Pacific makes a huge impact on the student it serves.”
Delta Sigma Pi hosts resume building workshop

Juliene Sesar
EDITOR-IN-CHIEF

Delta Sigma Pi sponsored a resume building workshop, on behalf of the Eberhardt School of Business (ESB) last Tuesday in Weber Hall.

The workshop, Ramp Up for Recruiting Season, featured presenters Margaret Roberts, Director of Eberhardt Career Management Center, as well as Professor Brannen Beseda. Roberts went over the do’s and don’t of a good resume.

"It is your job to give recruiters and employers good reasons for inviting you to an interview by presenting your qualifications, education, and experience in a clear, concise, and attractive way," said Roberts. Roberts explained that reducing the resume to a single page, converting your resume to a PDF, and using common fonts such as Arial and Times New Roman makes your resume more visually pleasing.

The presenters also explained that using numbers within job descriptions can improve the quality of the resume because it gives the recruiters and employers a more focused frame of reference.

Twenty-eight students came out to gain more information on how to improve their resumes, as well as have Roberts and Beseda review their resumes that they brought with them to the workshop.

"I’ve never had anyone look at it (my resume) before, so it’s a way to make sure I am ready for Meet the Firms," said Susan Te ‘14. The ‘Firms’ are the top four accounting firms in the nation.

ESB and Beta Alpha Psi will be partnering for the 10th consecutive recruiting season for Meet the Firms on Sept. 19th from 2 p.m. until 4:30 p.m. in the DeRosa University Center Ballroom.

Pow Wow: Bringing communities together

Margaret Roberts, Director Eberhardt Career Management Center and students at the workshop.

Tao’s Cafe had a steady line of customers waiting to get a taste, and they did not walk away disappointed. Some of the tasty fare included Indian tacos, Indian chili cheese dogs, native buffalo cheeseburgers served on fry bread, and the ever-popular fry bread topped with fresh strawberries and cream. This was Suzie Wilson’s fifteenth year returning to Pacific to make fry bread, and she was busy keeping up with the demand. However, she took a minute to talk about her experience at this annual event. Suzie explained how she learned how to make fry bread from her mother, who is from the Lakota tribe. She said she loves how she gets to share her culture with so many people and enjoys all the music and the dancing: "It’s relaxing, and I get to be surrounded by my culture. It’s good medicine."

Many also came to hear the drums and to watch the traditional dancers compete. Jennifer Uriarte was there to help her daughters, Taleya 7 and Alina 5, get ready for their competition. Both girls are Fancy Shawl Braided their hair, the girls added pretty ribbons and the girls wore the same outfits when I saw them at the Circle Dance. It’s good medicine."

The dance competition ended the last day of the pow-wow, and closing ceremonies were held soon after. People stopped by Tao’s Cafe trying to get one last fry bread before heading home, and vendors dismantled their booths and packed up their treasures. The drums were silent and the dancers drank Gatorade, changed back into their Levi’s and tennis shoes, and packed to go home. The smell of sage lingered in the air, and all was quiet on campus once again. Over the weekend, cultural and community bonds were re-enforced. People had a chance to learn more about Native American culture, to celebrate diversity, and promote understanding, all while having a good time. The pow-wow was a great way to end the first week back.

Assault

Parking Lot 22 08.26.12

An officer reported two females who claimed they were hit in the face by two other females who were not Pacific students. Both females refused medical attention, and the officer initiated a report.

Suspicious Incident

Price House 08.26.12

A reporting party had a concern that her roommate may have been videotaping her, so she requested assistance. The Housing office managed to get the roommate another room.

Arrest

Dave Bresheek 08.27.12

Officers received a call of a subject tampering with the bicycles at the bike rack. Upon arrival, the reporting party stated that the subject left in a Chevrolet Suburban, and officers observed the vehicle and pulled it over. The officers located a stolen bicycle in the rear of the vehicle. The bike was returned and the driver was arrested.

Casualty

Bain Fitness Center 08.29.12

Officers and medics responded to a report of a male subject having a seizure. The subject was transported to a local hospital via ambulance.

Alcohol Arrest

Burns Tower 09.09.12

Officers responded to a report of a male subject having an influence in public. He apparently cut himself while slicing the tires of his ex-girlfriend’s car while off campus.

For more information, or to access the full weekly report, please visit:
RNC commentary goes awry

Mitchell Woerner  
STAFF WRITER

Last week the Republican National Convention wrapped up and Mitt Romney became the official nominee of the Republican Party. Most of the 38 speakers had the same theme: that President Obama had failed and was taking the country in the wrong direction. However, there was one person who did focus on his own record: Chris Christie. Chris Christie, governor of New Jersey and the keynote speaker, mentioned himself 36 times in his own speech, and it wasn’t until halfway into his speech that he began to mention Mitt Romney. He energized the crowd in a way that only Paul Ryan could rival. It was almost as if Chris Christie wasn’t making a speech in support of Mitt Romney, or a speech against the President like his fellow party members, but for himself. The whole point of the convention is to hype up Mitt Romney as a candidate and present him as the man who must be the next president. For the keynote speaker to spend more time talking about himself means Governor Christie is trying to prepare for a 2016 race.

Chris Christie said, “It’s easy for our leaders to say ‘Not us, not now’ in taking on the really tough issues. And unfortunately we have stood silently by and let them get away with it. But tonight, I say enough.” He then went on to say Mitt Romney is the man who will take on those tough issues.

However, Mitt Romney has never been that type of candidate. He’s changed his views on a wide range of issues, ranging from the auto bailout to health care. In 2009, Mitt Romney wrote an op-ed telling President Obama to apply the lessons of the auto bailout to health care. In 2009, Mitt Romney wrote an op-ed telling President Obama to apply the lessons of the auto bailout to health care. However, in April, Romney’s communication director said, “(Romney’s) position on the bailout was exactly what President Obama followed. I know it infuriates them to hear that.”

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Lack of awareness about multicultural Greeks

Danielle Procope  
STAFF WRITER

Greek life at Pacific is very impactful on the campus community. As of spring 2012, 19% of Pacific undergraduates belonged to a social fraternity or sorority. Currently, there are 19 fraternities and sororities on campus. Five of these organizations belong to the Multicultural Greek Council. The Multicultural Greek Council is comprised of three fraternities and two sororities that have memberships primarily made up of people of color.

All five of these organizations contribute, in unique ways, to the Pacific community. They are Delta Sigma Theta Sorority, Gamma Alpha Omega Sorority, Omega Delta Phi Fraternity, Rho Delta Chi Sorority, and Xi Chi Sigma Fraternity. Many have direct goals of supporting a specific ethnic community and do this through community service projects and campus programming.

However, they are often not afforded much visibility or acknowledgment in the larger Pacific community. This is partly due to their size, as MGC organizations are much smaller in membership compared to Panhellenic (PCF) and Interfraternity (IFC) Greek organizations, but also because they are not adequately supported.

Sometimes, events aimed towards all social Greek organizations are not fully inclusive of Multicultural Greek organizations. This is not done intentionally, but still has the effect of marginalizing MGC organizations.

At last Thursday’s Greek Information Night, for example, all three of the MGC organizations present tabled together in a corner far away from the other Greek organizations. This set-up reinforced the idea that MGC is not fully incorporated into Pacific’s Greek life. Also, the event’s beginning slideshow meant to highlight all Greek organizations but featured only a few pictures of MGC organizations. Also, every CPC and IFC organization had their specific philantropies listed on their slide about their organization. But many of the MGC organizations did not have their specific community service events highlighted. Instead, it said they did “various activities.”

When inclusivity is attempted it is sometimes unsuccessful because all Greek organizations are treated in the same way. This is done instead of recognizing the uniqueness of various Multicultural Greek organizations. For example, many MGC organizations do not have “philanthropies” but rather community service projects. None of Pacific’s MGC organizations have “houses,” so it is inaccurate to refer to all Greek organizations as “houses” as is often done. This seems like a minor detail, but when language that only applies to the CPC and IFC organizations are used it implicitly excludes MGC organizations. Another common way that language is used to marginalize MGC organizations is when “social and Multicultural Greek organizations” is used to describe the totality of Greek life. This is inaccurate because Multicultural Greek organizations are social too.

At last year’s Greek Awards ceremony, four out of seven of the active CPC and IFC organizations were given five stars in an area of organization excellence. None of the five Multicultural Greek organizations were similarly recognized. This can only be interpreted as a failure in recognizing the accomplishments and contributions of MGC organizations in the wider Pacific community.

Although MGC organizations are small in comparison to their CPC and IFC counterparts, they are active in facilitating community service and campus events. Perhaps most importantly, they are paramount in creating diversity in Pacific Greek life. These organizations bring unique perspectives and programming to Pacific in spite of their smaller membership and oftentimes less support and deserved genuine recognition for this.
**Point of personal privilege**

**Facing debt mountain**

**Juliene Sesar**  
EDITOR-IN-CHIEF

Pacific has always been a part of me; a part of my past, a part of my present, and certainly a part of my future. However, the present is most likely destroying any possibility of the future part actually donating large sums to our fine university.

Since I began attending Pacific in fall 2009, I have watched as friends, colleagues, and other members of my class have transferred, dropped out, and lost every dime of their savings. Financial aid used to be a term I thought of with a “thank the Lord” attitude, because honestly, I am just happy to qualify for the amount I do. Now, it has become one of the reasons why I might be the first person in my family not to finish college.

Fear! Fear drives us to accomplish what we desire. Pacific tuition has gone up from $15,865.00 to $18,900.00 (that’s an increase of $3,035) since my days as a first-year student. The same is true for on-campus housing, food, and on-campus healthcare.

I remember as a first-year student thinking that the prices were outrageously inflated already. At this rate, when I have children I will need half a million dollars or more just to send one off to college. Could you imagine? Especially since, because I will be a college graduate, most likely with a high paying job, my children won’t receive the financial aid they need because I have too much money...but not quite enough.

The average Pacific student fits into a bubble of needing financial aid, but not being quite poor enough to receive the amount that they truly need from the government. The school offers (through the government) the Student Plus Loan and Parent Plus Loans to help students that didn’t receive scholarships and grants to fully cover their university expenses. I can’t speak on a wide range of students, but I know my family and I won’t finish paying off my loans for at least 10-15 years after I graduate, and that’s if I am paying it all on-time and the interest rate does not increase at all due to late payment.

So, donating to Pacific in the future? I love Pacific, but how can I donate to my beloved undergrad alma mater when I am still paying for my cost of attendance 15-years from now? Pacific offers excellent programs, brilliant professors, small class sizes, a four-year guarantee (if you stick to your guns), lifelong friendships, and amazing connection for job searches; but, some still ask...is it worth the mountain of debt in our young lives?

It was worth it to me. I feel completely heartbroken at times when I hear of my fellow students having to give up their education at Pacific due to financial reasons; and even worse when they come back from the Financial Aid Office in tears because, like Danielle Procope reported in last week’s issue of The Pacifican, the office gives them no alternative that truly solves the problem.

The school is facing one of the worst financial crises in the history of America; current students are struggling just to make it back to finish what they started; and new students are noticing the struggle they are joining. Very much like the housing bubble bursting a few years ago, I think the “tuition bubble” is going to be next. It is not sustainable for the price of education to continue to rise at this rapidly expanding rate.

Therefore, I suggest that Pacific begins a new policy for students: the amount of tuition when you begin attending Pacific, is the set price throughout your four-year guarantee. This will solve a lot of problems because, students will know what to expect, and know that their financial aid will cover the same amount every year while attending Pacific. For example, if a student is in their first-year this year, their tuition cost will remain at $18,900.00 during their entire career at Pacific.

Students fear losing their education because, while their aid stays the same, the cost increases. Without these annual tuition increases, more students would be able to stay at Pacific, and reduce the financial stress for those who have decided that life now requires a degree, debt or not. Pacific will gain from the fact that more students will make it to their graduating year.

**OPINION**

**THE PACIFICAN | 5**

**ATTACK ON WOMEN’S RIGHTS**

**Danielle Procope**  
STAFF WRITER

Women's issues have taken center stage in this political election, but this is not always in a progressive and positive way.

In an interview over the summer Todd Akin, a Republican running to be a member of the House of Representatives in Missouri, remarked about the issue of abortion in cases of rape: “It seems to be, first of all, from what I understand from doctors, it’s really rare. If it’s a legitimate rape, the female body has ways to try to shut the whole thing down.”

This statement, of course, is inaccurate in every respect. According to the U.S. National Library of Medicine, pregnancies that happen as a result of rape are not “really rare” at all. The pregnancy rate for rape victims is estimated to be around 5%. This amounts to approximately 32,101 pregnancies every year resulting from rape in America. Not only is Todd Akin’s propagation of pregnancy resulting from rape inaccurate, but a woman does not have a way to “shut down” conception. This is simply pseudo scientific speculation.

This may be just one ignorant statement, but it is indicative of the bigger problem of how women are currently being treated by politicians. The importance of women’s health and safety is consistently downplayed.

Todd Akin’s statement is meant to legitimize why he is in favor of greater restrictions on abortion. Todd Akin and Paul Ryan, Mitt Romney’s running mate, co-sponsored a bill that would only allow abortion in cases of "forcible rape". Paul Ryan now claims that he did not mean that literally, as it was only "stock language". Ryan also says that the bill was meant to make sure that taxpayers' money is not spent on unwanted abortions. However, this is a misrepresentation of current governmental policy. Planned Parenthood’s governmental funding comes from Title X Planning Program and Medicaid. Title X funding cannot be used for abortions at all. Medicaid funding can only be used for abortions that are a result of rape, incest, or endangerment of health to mothers. This means that Todd Akin, Paul Ryan, and other similarly minded politicians are lying about current governmental policy in order to support their own aims, which are inherently anti-women.

It is telling that in politics the current conversation about women and abortion is centered around restricting access. If women were truly a priority, the focus would be on preventing rape and giving greater access to contraception and sex education to reduce the number of unwanted pregnancies. According to the Federal Bureau of Investigation (FBI), “forcible rape” happens every 6.2 minutes in America. This should be Todd Akin’s focus instead of making ignorant and anti-scientific statements about women’s bodies.
Memorable speeches from key leaders

CONTINUED FROM PAGE 4

that President Obama has had is because he followed Mitt Romney's advice." Romney is not a hard line candidate like Christie or Ryan, but that won't stop them from trying to make Romney appear like one. The other major speech of the convention was Paul Ryan's; however it had some major issues.

Paul Ryan's speech reminded me of Romney pollster Neil Newhouse's comment, "We won't let our campaign be dictated by fact checkers." Claims that the President stole from Medicare, removed the work requirement from welfare, raised taxes on the middle class, or made the economy worse, have all been proven false by a multitude of independent fact checkers. But these claims are still being used by the Romney campaign and affiliated super PACS. However, when a pro-Obama super PAC ran a misleading ad about Romney's tenure at Bain Capital being responsible for cancer, the Romney team demanded President Obama who had no direct influence over the ad, take it off the air. The ad was eventually taken off the air.

At the convention, Paul Ryan made the same claims that have been proven wrong again and again, in addition to blaming President Obama for the closing of an auto plant that closed during the end of the Bush administration, and for the United States credit being downgraded when Standard and Poors specifically cited the GOP's unwillingness to raise the debt ceiling as the main reason why. He also brought up the "You didn't build that" comment, claiming President Obama said that small business owners don't deserve credit for their success, when what he was really referring to was the fact that business' didn't create the roads, bridges or the Internet.

Politics has always involved dirtiness and mudslinging. President Obama hits Romney on his tax returns instead of campaigning on his own accomplishments, but he didn't lie. The Romney campaign itself has continually thrown out lie after lie, Paul Ryan and Chris Christie's speeches said more about Romney than Romney's own speech. Romney has some good arguments for him, like his experience as a CEO and accomplished governor to some degree. However, he is a politician that will duck the hard issue and follow the polls.

Follow us on Twitter: @mcd_NorCal
Losing it: figuring out the freshman fifteen

Natalie B. Compton
SOCIAL MEDIA COORDINATOR

Unlike waking up for an 8 a.m. class, gaining the freshman fifteen is a very easy thing to do. According to researchers from the Utah State University nutrition and food sciences department, about one in four college students will gain a significant amount of weight in college. As one of those who did pack on the pounds, I thought I’d share my story and some tips on how to avoid falling into the fat trap.

It was around the time my jeans refused to fasten around my hearty girth that I realized I had succumbed to the freshman fifteen. I couldn’t wrap my mind around the weight gain; I was making healthy choices and working out (when I felt like it), but even so, almost 20 pounds were the outcome of my new freedoms. There’s an immense challenge to reverse the damage.

Coming to college is full of new freedoms. There’s the liberty to go where you want, and do what you want freely. When I first went to DeRosa University Center for a meal, I was thrilled with all of the options. There was endless sweet coffee, massive breakfast burritos, decadent sundae bars and we all know about The Lair. With all of these new tasty things to try, I didn’t often find myself bailing on the salad bar.

The cruel thing about excess weight is that despite how quickly it appears, it is an immense challenge to reverse the damage. Even though you can decide to take on a weight-loss challenge, the alcohol doesn’t stop flowing, the UC still supplies late tots, and finals stress will continue to roll around.

It took me less than six months to gain about 20 pounds, and about three years to lose that amount. The best way to lose the freshman fifteen (or twenty) is by avoiding gaining them in the first place. I’m not a nutritionist, but here is my advice.

1) Know What to Eat
   The most important endeavor when coming to college is eating healthy. This is key whether avoiding the freshman fifteen or losing it. Start off right by making an appointment with NutriCat, or Alexandra Caspero, Pacific’s campus dietician. Get a free nutrition assessment to discuss your health history, current diet, and goals. Schedule your appointment online through My Health at Pacific or call 209-946-2315, extension 1. NutriCat’s other services include calculating your basal metabolic rate, or BMR. This number will help you keep honest when it comes to your diet. After calculating my own BMR, I realized that I was probably eating over a thousand more calories a day than I needed.

2) Know How Much to Eat
   A key to losing or maintaining your weight is to know how much you should be eating daily. Whether you find out through an app or from a Google search, figure out your basal metabolic rate, or BMR. This number will help keep you honest when it comes to your diet. Without the expensive cost, another day this weekend.

3) Know When to Eat
   The most important part of maintaining your weight is to know how quickly it appears, it is an immense challenge to reverse the damage. Even though you can decide to take on a weight-loss challenge, the alcohol doesn’t stop flowing, the UC still supplies late tots, and finals stress will continue to roll around.

Don’t forget your fruits and vegetables

FRESHMAN FIFTEEN
CONTINUED ON PAGE 9

MIB³ takes Pacific back in time

Juliene Sesar
EDITOR-IN-CHIEF

Will Smith returns as Agent J in Men In Black 3 (MIB³) showing in Janet Leigh Theatre this Thursday through Saturday at 8 p.m. for the entertainment of the Pacific community.

Agent J must travel back in time to save his future partner, Agent K (Tommy Lee Jones), from being killed in the past before they even become partners.

When Agent J arrives, he meets up with the young Agent K (played by Josh Brolin), who couldn’t have been casted better as a younger version of Jones even if they actually went back in time to find the young Jones himself.

The movie begins with revealing Agent J and K talking in K’s car on a routine call to put some unruly aliens in line. J questions his lack of knowledge of his partner’s past after working together for the last fifteen years. Some secrets, like K’s past are not easily discovered.

The movie brings back the funny corks of the first MIB movie, while ditching the less interesting information from the second movie. MIB³ reminds us why we repeatedly sing “Here comes the Men in Black” when we are not thinking about anything in particular.

MIB³ questions the history of American culture, and produces a hilarious twist on who Andy Warhol really is.

So, if you want to have a nice evening at the movies, without the expensive cost, head over to Janet Leigh Theatre tonight at 8 p.m. or another day this weekend.

Upcoming Student Events

Tuesday, 9/11
CCI Open House
4 p.m.-6 p.m.
McGaffry Second floor

Student Advising
Ice Cream Social
7 p.m.
Tiger Pause Lounge

Monday, 9/10
Stitch N B**ch
11 p.m.-noon
Women’s Resource Center

Saturday, 9/16
Sunday Sundae
2 p.m.-4 p.m.
Bernard School of Education

Tuesday, 9/18
Job Fair
9:30 a.m.-3 p.m.
Alex G. Spanos Center

Friday, 9/21
Resident Artist Series
7:30 p.m.
Reed Hall

Saturday, 9/22
“K’s My Vote. I Will Be Heard”
11 a.m.
DUC Ballroom
SF Giants Game
6 p.m. - midnight
ASuop Tickets: $25

Monday, 9/24
Tiger Nights
8 p.m.-noon
McCaffry Center

Saturday, 9/29
University Symphony Orchestra
7:30 p.m.
Faye Spanos Concert Hall

Movies This Week

Thursday-Sunday, 9/6-9
MIB³
Losing it

upgraded version for $3.99 for more features, although the free version is great too.
The app lets you know if you are getting all of the necessary nutrients from your diet and helps you set goals for weight loss or management. It even has a built in scanner to scan the barcodes of the foods you eat to give you accurate nutrition information.

Other helpful apps are LoseIt!, Thin Cam, Weight Watchers Mobile, and My Fitness Pal.

Fuel for the future

Today at 4 p.m. in the McCaffry center, second floor; the Adventure Awaits You! The Career Resource Center (CRC) will be helping Pacific students to figure out what careers are best for them. Many students, especially seniors, are realizing life is just a few years away, and many do not really have a direction or plans for the after-college period.

There will be staff members there to answer questions and help explain all the great services and resources the CRC has to offer. These include, resume building, job searches, and career counseling. There will also be hotdogs and s'mores and the possibility to qualify for great prizes from places like Starbucks and Rubios.

For more information, visit the CRC's "Social Media Jungle" page on Facebook, follow them on Twitter, connect with them on LinkedIn, or call the CRC at (209) 946-2351.

Kelly Asmus
LIFESTYLES EDITOR

Men's Health or FITNESS Magazine. You can find endless options by searching for circuit training workouts online.

4) Make Healthy Habits

In addition to watching what you eat and exercising regularly, there are other healthy habits to incorporate into your routine for optimal wellness. Make a habit of always starting your day off with breakfast. According to WebMD, skipping breakfast has been strongly linked to weight gain. Opting out of a morning meal makes it harder to make better choices later in the day, so wake up and eat up every day.

Another important habit to create is drinking water. Kathleen M. Zelman, M.P.H., R.D., L.D., at WebMD states that drinking water has many benefits, including helping you control your eating and energizing your muscles. Boost your water intake not only by guzzling the stuff, but by eating more fruits and vegetables.

There are countless theories of healthy living, and what works for me may not work for you. Do your own research and try various things to create your own healthy habits.

Gaining weight is easy; what stage in life are in, but being in college seems to be a particularly dangerous time. Make healthy choices can help maintain a healthy weight feel great too.

I tried losing weight the wrong way, from crash diets to pills and more. What worked for me was figuring out what works and doing it consistently. So drink your water, watch what you eat, and move for a happier college experience.
Stitch ‘N B**** now coming to Pacific

Ruben Dominguez
SPORTS EDITOR

The Pacific Women's Resource Center has put together a way to turn loud, voiced rage and complaints into wonderful arts and crafts. Starting on Monday, Sept. 10, the Women's Resource Center (WRC) will host "Stitch 'N B****", which aims to provide Pacific students and faculty with a productive way to eliminate stress while creating art. Twice a month, people will be invited to the WRC to hang out with their peers and discuss whatever happens to cross their minds. The one rule is that if someone complains, or "b----", that person will be given stitching materials and must stitch while continuing to complain.

No prior stitching experience is required, as anyone can receive lessons at the session. Along with those lessons, snacks will be provided. Meet-ups will be held Sept. 10 and 24, Oct. 15 and 29, Nov. 12 and 26, and Dec. 10 from 11 a.m. to noon in the Women's Resource Center. All genders are welcome. Just remember, if you complain, then you must stitch!

Breakfast: Eggs vs. Cereal

Alexandra Caspero
CAMPUS DIETITIAN

You've likely heard the importance of eating breakfast to lose or maintain a healthy weight. New studies suggest that a high-protein, lower carbohydrate diet may be better in keeping you full until lunch. Studies that compare egg eaters versus cereal eaters found that egg breakfasts tend to be better for your waistline. Eggs contain protein, especially leucine, an amino acid that may add in satiety. The other thought is that most cereals are high in sugar and little else, leaving you hungry for more a few hours later. Check out last week's column for best cereal choices.

To help start your day right, here are some quick breakfast ideas that clock in at 400 calories or less. They also contain 20-30g of protein, about 25% of your daily caloric intake.

- Non-fat Greek yogurt topped with fresh (or frozen) fruit and 1/4 cup low-fat granola or cereal
- 1 cup cooked oatmeal with 1 cup nonfat plain Greek yogurt (weird but good!)
- 1 cup 1% cottage cheese with fresh (or frozen) fruit and cinnamon sprinkled on top
- 2 eggs and 1 egg white scrambled with vegetables, 1 piece toast and 1 piece fruit
- 2 slices 100% whole wheat toast with peanut butter with 1 hard boiled egg
- Fruit smoothie made with non-fat yogurt and/or protein powder

Want more breakfast tips? Friend NutriCat on Facebook or set up a one-on-one nutrition appointment online at My Health @ Pacific.
Pacific falls to a pair of ranked opponents

Ruben Dominguez
SPORTS EDITOR

Both the Pacific women's soccer and field hockey teams put up spirited efforts on Sunday, as both challenged opponents ranked in the top 25 of the country. However, while both were ultimately dealt losses, both came back more experienced for their work.

Hoping to finally earn a victory on the year, the Pacific Women's Soccer team was faced with a tough task in the form of No. 7 Boston College.

After a scoreless twenty minutes, in which both teams managed just one shot apiece, the Golden Eagles were awarded a penalty kick, which was converted into a 1-0 Boston College lead in the twenty-second minute. The Golden Eagles capitalized on a scramble in the Pacific penalty box in the forty-third minute to take a 2-0 lead into halftime. The second half was more of the same, as Boston College added a third goal in the sixty-seventh minute to secure a 3-0 win over the Tigers.

"Our goal," Pacific head coach, Keith Coleman, stated after the game, "is to keep elevating our program and, regardless of the result, we are playing quality opponents that will get us ready for Big West play. We are seeing our strengths and weaknesses, and it will help us moving forward."

Coming off a 2-1 win over Bryant on Friday, the field hockey team looked to keep the momentum rolling against No. 20 Northwestern.

Early on, Northwestern opened the scoring in the sixth minute. However, minutes later, Pacific was awarded a penalty shot. Unfortunately for the Tigers, Emily Tregoning '14 failed to tie the game, her shot hit the right corner of the goal. Goals by the Wildcats at the end of the first half and beginning of the second half increased the Tiger lead.

PACIFIC TAKES ON TOP 25 FOES
CONTINUED ON PAGE 12

Ruben Dominguez
SPORTS EDITOR

Inside the Baun Fitness Center

Baun has something for all

George Do
STAFF WRITER

Did you know that the Baun fitness center is run by Pacific Recreation? Did you also know Pacific Recreation is also in charge of a multitude of other activities? Well read on and see what Pacific Recreation has to offer! Pacific Recreation runs the Baun Fitness Center, the Kjeldson Pool, Janssen-Lagorio Gymnasium, and the Hal Nelson Tennis Courts, and the Main Gym. These facilities host a whole medley of activities students can enjoy ranging from basketball, table tennis, rock climbing, bag toss, team sports, and much more. One of the largest growing sectors of Pacific Recreation is the Tiger X classes. It continues to grow in popularity and in number of classes offered. The Black Light Cycle was once a special event featured at the Baun Fitness Center where participants would cycle to club style lighting; now the event is a Tiger X class that will occur every week on Thursday from September 4th until October 20th.

Pacific Recreation has so much to offer this year with its weekly activities as well as special events such as outdoor day trips called Tiger Escapes such as river tubing on the American River and Tiger Jamz where DJ Joe Q brings his beats to the Baun Fitness center one Thursday every month. Paige Van Lint, the coordinator for Sports and Competitions, urges students to "try to get a taste of anything that looks good. There is so much out there to try; all you have to do is get out there and give it a shot!"
Athletic Media Relations

For the third time in as many seasons the Pacific women's volleyball team took home the Community Bankers' Classic title, sweeping the competition throughout the weekend. The Tigers' final victim came in the form of the Northern Illinois Huskies, who Pacific dominated en route to a 3-0 win on Saturday, Sept. 1. With the win, the Tigers won their second straight tournament of the year and improved to 6-0 on the season, while the Huskies finished the tournament at 1-2 and 3-4 on the year.

All six matches at the 2012 tournament finished in 3-0 sweeps. The six sweeps in 2012 marks the first time the tournament has seen all 3-0 sweeps since the 1999 season.

The four years were: 2012, 1999, 1992, 1986.

Set scores for the match were: 25-15, 25-8, 25-21.

With a chance to secure the tournament title with just one set win in their match against the Huskies, the Tigers buried Northern Illinois right out of the gate, scoring the first five points of the set to take control. From there, the Huskies would climb no closer than four points in the frame as Pacific ran away with the opening set to set the stage for what was to come. Leading the way in the set was Pacific’s trio of big hitters, as Megan Birch and Jennifer Sanders, 14, combined with Kat Schulz 16 to score 13 of the Tigers’ 14 kills.

Changing sides of the court did not change the formula for the Tigers in set two as once again, the Tigers roared out to a 5-0 lead to force an early timeout by the Huskies. However, the Tigers would outdo themselves in the set as Pacific rolled off seven points before finally giving away the first point of the frame to the Huskies. That quick start led the Tigers to one of their largest single-set victories in the history of the program as they dropped the Huskies by 16 points. The set victory was one point off the Tigers’ 25-point record established two seasons ago against UC Irvine on Oct. 1, 2010. In the set, the Tigers hit .387 as they put down 12 kills on 31 swings with no errors.

In set three, the Huskies would finally score the first point of the set and hold close with the Tigers through the first half of the set only to see Pacific pull away late in the frame. The Huskies were able to fight off three match points before the Tigers finally put the match away on a touch kill by Schulz on the right side.

Overall, Schulz finished with her second straight double-double as the freshman lefty threw down 10 kills while tallying 12 digs. Continuing her solid play throughout the tournament was Sanders, who finished with a match-best of 13 kills. The junior hit .462 as she committed just one error in 26 swings. She also added a team-best of four blocks to round out her night.

Defensively, senior Koala Matsuoka led all back row players with a match-high 20 digs. Maddy Call tallied 12 digs to post three-consecutive double-digit dig efforts at the tournament.

At the conclusion of the tournament the Tigers saw three placed on the all-tournament team, including the tournament MVP Schulz. Joining the freshman on the all-tournament team were Sanders and Birch, the latter finishing her night with seven kills and two blocks.

The second-place Vikings of Portland State put two on the all-tournament team: Megan Ellis and Jaklyn Wheeler. Northern Illinois and Nevada each got one, as Sarah Angelos represented the Huskies and Tessa Lea‘ea represented the Wolf Pack.

The Tigers will be back on the court Friday, September 7 when they begin play at the Stanford Invitational. The Tigers will face Illinois-Chicago in the opening day performance, followed by Portland State putting two on the board. Maddy Call tallied 26 swings. She also added a team-best of four blocks to round out her night.

Cross country breaks records at San Francisco Invite

Athletic Media Relations

It was a record-breaking day for Tigers’ Lindsay Wourms ’16 at the USF XC Invite on Saturday, Sept. 1. In her first-ever collegiate race, the Camas, Wash. native shattered the school's freshman record with a personal best 18:49 in the 5K run to place 26th.

The finish for Wourms was 15 seconds better than the freshman record set last season. With the run, she moved into third all-time in Pacific Cross Country history for a 5K event. Wourms sits just 14 seconds back from the all-time school record for a 5K set by Kristina Hammerstrom ’10 in 2008.

As a team, the Tigers finished in ninth place with an overall team time of 1:38:41.20. The overall team time was the best in school history for a 5K race. Pacific finished with an average time of 19:44:24.

Another freshman highlight of the Tigers' day was Becky Grabe from Carson City, Nev. She finished with a time of 19:04 to set a 13 second personal record and tie the previous freshman 5K mark that was beaten today by Wourms. Her finish was good, at thirty-ninth place in the event.

Finishing in the third position for Pacific was freshman Mia Knipper in seventy-sixth place with a personal record time of 20:27.21. She was followed by fellow freshman Lauren Nakaso with a time of 20:02:30 for the 77th spot. Rounding out the Orange and Black's top five was freshman Grace MacKenzie with a time of 20:43:40, good for 103rd place out of over 180 runners.

Head coach Josh Jones was thrilled with his team's opening day performance, saying, "We had a very solid day; five freshmen led the way for our team, and it couldn't have been a better start for our team. We had four personal bests and a team record for overall time." He added, "The Tigers have been a hard working group these last three weeks, and it shows. To run the way we did without fresh legs is a great start to our 2012 season." The Tigers return to action next weekend when they head to Arcata, Calif. for the Humboldt State invite on Sept. 8.
New faces look to help carry Pacific to new heights this year

Natalie B. Compton
SOCIAL MEDIA COORDINATOR

It’s Friday and the sun is setting on the Chris Kjeldsen pool. Most students are getting ready for a wild weekend, but the men’s water polo team is tirelessly running drills. In just two weeks, the men will head to Stanford for the NorCal tournament.

“Go go go go go!” Head Coach James Graham yells passionately at the sprinting athletes. They are working on a new advantage unique to this year’s team. Speed.

“There’s an influx of speed on the team and we’re really excited about that,” he said. “One of our goals is to utilize that speed in a new way.”

In the past, the team has been one of the biggest teams pound for pound in the nation. Thanks to the new recruits, the team is now much faster.

This year, Pacific welcomes nine new players to the team. This flood of fresh meat is having a positive impact on the Tigers routine.

“With so many new, young players it brings a kind of excitement and a competitiveness to practice where everyone is fighting for spots,” Graham said.

One such new freshman is graduated power player Tom Koning’s younger brother, John. His older brother was not the only factor in making the choice to come to Pacific.

“I chose [Pacific] for my own personal things,” the young Koning said, “I knew a lot about UOP and the team.” So far the 6’1” freshman is happy with his decision.

“I love it. I like the whole Fl and a former USA Junior National Team player. The 6 ft. attacker earned the honor of First Team All-Sectional selection as well as an all-state pick throughout his entire high school career.

“With so many new, young players it brings a kind of excitement and a competitiveness to practice where everyone is fighting for spots,” Graham said.

Some particular new faces to watch come from all over the globe.

“I think the whole group is really talented but I think some of the top guys who we expect to make impacts right away are Kevin Oliveira, Aleksandar Petrovic and Jacob Himmel.

Oliveira is from Miami, American his two seasons at Golden West College before transferring to Pacific.

The 6’6” freshman utility Petrovic hails from Serbia and played for his country’s junior national team since 2008 and was named the MVP of his team.

Two-meter offense Himmel is a Chicago native who was given his high school team’s MVP award three times. The 6’2” freshman also was a four-time First Team All-Sectional selection as well as an all-state pick throughout his entire high school career.

In addition to the new players, the team brought in two new staff members, Kendra Klein and Zac Koerner.

“I can’t be more excited about the coaching staff,” Graham said. “It’s a great bonus to the program.”

Koerner served as a graduate assistant last season and has a wealth of winning experience. Some of his accomplishments include leading his Rio Americano High School team to a CIF Division II Championship and his water polo club team to finish top six in the national championships this year.

“He is a tremendous coach had a ton of success and for him to not only be familiar with the program for a year but now come in full time with that amount of experience is wonderful,” Graham said.

Klein is also no stranger to Pacific’s aquatic program.

“This is great to have her on board because she has a familiarity with the program and the way I like to do things,” Graham said. “So I can’t be more excited about that.”

Both of the new coaches will help with both the men’s and women’s water polo programs.

Every year, the team’s goal is to make the conference championship and to work on making the team better than it was last year. With a new team, there will be new challenges, but the coaches are excited for the new season.

“It’s a tough task for us, but we’re always trying to move forward,” Graham said. “It’s just going to be a matter of us putting in the work and coming together as a team.”

Goalie Chris Hughes ’15 (above) and the Tigers will try to improve on last year’s impressive season.