**Pacifikan's taking action:**
Students voice their concerns about the future of SIS

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**Amanda Wynn**
CONTRIBUTING WRITER

The decision to integrate Pacific's School of International Studies (SIS) into College of the Pacific (COP) has been one of the most discussed topics on campus. The first to be notified were the alumni on Aug. 2, and before the current SIS students were emailed the next day, the news had already spread like wildfire. From the moment students heard of the email sent to SIS alumni regarding the merge, social media sites used by Pacific students were buzzing with questions and heated debates. Many wondered at the lack of input from students and professors. During my time at Pacific so far, I've largely been impressed with how much input they get from students, so to have nothing on this was just a huge blow. To have a decision that came from the top with no warning—especially for students was a big deal.

It remains to be seen whether or not the dissenting opinions of alumni and students will effect Pacific's decision, but SIS students have already begun to take action. Students have made "SOS SIS" shirts and have been wearing them to express their unhappiness with the merge. A group of concerned students also showed up to voice their concerns during the President's Office Hours on Tuesday, Sept. 9.

According to the letter Provost Pallavicini sent out to SIS students, I'm most frustrated about is the lack of input from students and professors. "I realize SIS is a truly special program," said Joel Colf '01.

Mike Eklund '14 feels the same way: "I feel like I'm losing the entire reason why I came to Pacific in the first place."

Another student, Sarah George '13, put it simply: "The thing that

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**Honoring the memory**

**Juliene Sesar**
EDITOR-IN-CHIEF

In remembrance of 9/11, Pacific students held a gathering on Tuesday night in front of the University Center's Reflection Pool.

The event was meant to honor the memory of the citizens that died during the attacks on the Twin Towers and the Pentagon 11 years ago. In addition, the event recognized and honored the men and women who have died since, and those affected by racial and religious discrimination in the years that followed.

Joel Lohr, Pacific's Multifaith Chaplain, opened the ceremony with a moment of silence for the fallen, followed by readings of sacred texts, and prayers made in response to the events of 9/11.

The ceremony was punctuated by several live performances of selections from the J.S. Bach Cello Suites by violinist Shawn Prudhomme '13.

Sohaib Khan '15, current student and member of the Muslim Student Association, also recited a poem he had written himself about his personal experience and how the events of 9/11 affected his life.

"Buildings aren't the only things they broke. They broke lives, hearts, peace, order in the Middle East. According to Brown University, 3.7 trillion dollars have been added to the national debt because war had been unnecessarily forced...to say the least," said Khan.

Khan, near the end of his poem reflected, "In middle school, 3 years after the attack, I put up with people harassing and stabbing my back." He continued to talk about his personal struggle against racist and religious discrimination in the United States. Khan described how his father helped him through the discrimination and gave him the knowledge that "we can rise above our differences, and come together to remember the lost ones" to make a difference after the events of 9/11.

**Community**

member and current high school student, Stephen Inzunza, brother of an Iraq veteran three times over, also expressed his opinion: "I do not believe that one day should hold the weight of remembrance. We should remember what we deem memorable in our every third thought, letting compassion come freely, not out of some annual obligation. It is a sad statement of society when people care so passionately about something for
The youth vote, or lack thereof...

Christiana Oatman
OPINION EDITOR

Americans throughout the nation will be voting in the 2012 presidential election in just a few months, and the candidate and issues are frequently on voters' minds. But studies show that the younger an eligible voter is, the less likely he or she will be politically active. On Saturday, Sept. 22, 2012, the Stockton branch of the American Association of University Women (AAUW) and the Sacramento Valley branch of the National Council of Negro Women will partner with Pacific in hosting It’s My Vote: I Will Be Heard. The event will be held in the DeRosa University Center ballroom, and will last from 11 a.m. to 1 p.m. Tea will be served.

It’s My Vote will “promote diverse women’s education and public leadership,” as stated in a press release made by Pacific. The event focuses on gender-specific issues on the ballot and in the media, such as Todd Akin’s comment on “legitimate rape.”

Your generation is totally disenchanted with politics. It’s true that the process is corrupted...but if we don’t participate in the process the process runs us. This is especially true for women. Women are denigrated, and I hope that It’s My Vote will not only encourage women to vote but also to become leaders. Collectively, our voice changes things," said Corrie Martin, the director of the Women Resource Center and one of the organizers of the event.

The keynote speaker is Dr. Elizabeth Griego, the Vice President of Student Life. Other speakers include Alice Hetman, the president of AAUW in California and Pa Gibbs, the vice president of the Pacific Alumni Association.

Tickets cost $13.50, but the event is free for students who register in advance. Interested students should contact Marshea Pratt at 209.946.2899.
September 13, 2012

Student’s express overall discontent

in August: "Your experience as an SIS student will remain the same. You will have the same faculty and courses, which will continue to be housed in George Wilson Hall. You will experience the same SIS traditions and Commencement exercises; your diploma will be issued from the School of International Studies in the College of the Pacific; and you will continue to have access to the excellent SIS alumni network."

President Eibeck stated the reasoning to merge SIS with COP as such: "We have been considering how we can expand the impact and the availability of international related education that it provides the majors in SIS, and we don’t want to diminish that experience. But SIS is also very small, and we think that by having it as a part of the college, it will still retain what makes SIS a special place: where the classes meet, its banner, its commencement ceremony, its same faculty... But by being part of a college with a broader set of faculty who have somewhat similar interests, we’re confident that there will be synergies among faculty so that we’re able to offer more education related to international matters to more students."

The topic has brought many current SIS students together in efforts to halt the decision. Some students are even looking for the next step to convincing the administration to change their minds. According to Melissa Davis ’14, “They are looking into breach of contract, but I don’t know the specifics...”

Many other students share that the reason they came to Pacific was for the independent school that will no longer exist under this new merge. "Being one of only six schools of international studies in the country, the only one on the west coast, was a big draw for many of the students. Knowing that many students only stayed at Pacific as tuition rose because they could attend an independent school of international studies begs the question: if the school is going to raise cost and cut, not our program, but our school, why bother paying money many of us can’t afford?" asked Marvin Morazan ’14.

SIS students also have an additional financial burden that many Pacific students do not have: the cost to study abroad for at least one semester. “It’s a requirement for us, it’s not a choice” explained Davis ’14. With the additional costs of airfare and other travel expenses, in addition to the tuition costs that rises every year, Davis says that student enrollment has steadily been declining.

“To be honest, I feel like it’s just a way to cut costs because... I feel the school spends its money frivolously and ridiculously. It doesn’t set its priorities right, they just keep on raising tuition, and then they cut things because they need to paint our grass green and use leaf-blowers at 9a.m. to wake us up. It’s things like that- where they cut my school and then keep raising tuition and keep painting the grass green,” stated Eklund.

“More and more students are having to drop out or having to take more loans... It’s really depressing...”

In addition to the issue of cost, many don’t understand why the students were notified so late, only 4 days before classes began. “Why wait so long to tell the students? Were the higher-ups at the university worried they might lose some of their precious tuition dollars if students no longer had a motivation to attend Pacific for SIS? They claim nothing will change with the absorption into COP. Which begs the question: why bother with it in the first place?” Morazan continued.

In fact, SIS students discussed with SIS faculty last semester a different sort of integration with COP. “The integration with COP now is pretty different with what they had imagined and what we were told was their vision for what was going to happen,” said Davis ’14.

Regardless, there are still people who believe they will benefit from this change. "It is easier for a student with a minor in one discipline to also have a major in another discipline within one school, like having a major in French and a minor in Political Science. However, it is difficult to have a major within COP and a minor within another college, like SIS, because even though the disciplines are very similar, the requirements for each school are different. I am hoping that with the merge, SIS can keep all of it’s great qualities but will finally be in a place where students outside of the discipline can find a way in without as much difficulty," stated Kelly Asmus ’13, a French major in COP.

The Pacifican 2012-Weekly-Incident-Log.html

Public Safety

Weekly Report
Sept 2nd - Sept 8th

Suspicious Incident
McCaffrey Center 09.02.12
Officers responded to a report of a fight. Officer reported no physical fight occurred and that the subject had left the area. The officer then initiated a report.

Suspicious Person
Wood Bridge 09.02.12
Officers responded to a report of a suspicious male harassing subjects in the area. Officer located the subject who was interviewed and revoked from campus.

Casualty
Biological Sciences Building
09.04.12

Officer reported SPD responding to a report of a female who fainted. Subject was transported via ambulance to a local hospital.

Theft
Off Campus 09.05.12
The victim came to the Department of Public Safety to report that her keys were stolen while at an off campus event in August. Officer initiated a report.

Trespassing Arrest
Raymond Great 09.07.12
An officer conducted a check on a male subject who was arrested for trespassing, cited and released.

Theft
Alpine Avenue 09.08.12
An officer responded to a report of a small fire in the parking lot. The officer concluded arson and initiating a report.

Ambulance Alcohol Transport
Raymond Great 09.08.12
Officers and medics responded to a report of a man down in the area with a broken glass door near his feet. The subject was intoxicated and transported via ambulance to a local hospital.

For more information or to access the full weekly report please visit: http://www.pacific.edu/Campus-Life/Safety-and-Conduct/Public-Safety-and-Services/Crime-Statistics/Incident-Log.html
Do you think Stockton is miserable?

“I always take a minute every 9/11 to remember all the lives lost that morning and take a moment of silence like I did on 9/11/01.”

@Alyssa Lenart, C.O. 2014

“The morning of 9/11, I was a freshman in high school. I knew as I watched the second plane crash into the World Trade Center that the world would never be the same.”

@Chad Reed, C.O. 2014

“I gave the people who died a moment of silence.”

@Andrew Meyer, C.O. 2013

“We hung our American flag and had a moment of silence.”

@Renee Hausman, C.O. 2014

“I attended the 9/11 remembrance event hosted by Interfaith on campus at 8pm. The Muslim Student Association had some of our members take part in the program. So that is what I did in remembrance.”

@Zarghona Fazi, C.O. 2013

“I attended the 9/11 remembrance night with a group of my Tri Delta sisters.”

@Stephanie Hernandez, C.O. 2013

“So I stole a flag from the memorial because I don’t believe in 9/11. I mean, basically I don’t like using fear to motivate action, and I feel that is a lot of what happens.”

@Colton Harmon, C.O. 2014

“It was disappointing that the New York Times had nothing in the paper about 9/11 - that’s pretty sad.”

@Dina Hanania, C.O. 2015

Bill Clinton and Barack Obama: Two powerful speeches for the DNC

Mitchell Woerner

Last week was the end of the Democratic National Convention (DNC), with the two best and most popular speeches coming from former President Clinton and President Obama. There were also good speeches from Governor Jennifer Granholm, John Kerry, Michelle Obama, Elizabeth Warren, and others that are worth checking out. I’ll touch on a few points before I look at former president Clinton and President Obama’s speeches.

I’m a progressive, but I’m also an independent that does not love either party. I like the Democrats more, but that’s not saying much. The Democrats at the DNC had their share of over-exaggerations, like saying Mitt Romney likes to fire people when he really meant he likes the idea of firing insurance companies that don’t provide a good service to him.

Many media pundits, even some conservatives gushed, over Clinton’s speech, clocking in at a long 48 minutes. What made this speech so good was all the policy and numbers that Clinton brought up. There was some good rhetoric in his speech as well. His first major number was about who created the most jobs since 1961. “Well, since 1961, for 52 years now, the Republicans have held the White House 28 years, the Democrats, 24. In those 52 years, our private economy has produced 66 million jobs. So what’s the job score? Republicans, 24, million; Democrats, 42 million.” The Republicans who say they are so good at creating jobs have been utterly demolished when it’s come to jobs created between the two parties. It is evident that the Republican ideas of tax cuts and deregulation do not create jobs.

Clinton described that the Republican Party has been spending the last four years trying to obstruct President Obama’s initiatives on health care, jobs, and debt reduction, despite President Obama’s continuing willingness to work with them. He brought up Senate Minority leader Mitch McConnell’s comment at the beginning of Obama’s term, saying that the Republican Party’s number one goal was to make sure President Obama does not get re-elected. It wasn’t to get America back to work, or solve the crisis, but to get President Obama out of office.

Clinton brought up other great points too. He said about the Republican argument, “Twent something like this: We left him a total mess, and he hasn’t cleaned it up fast enough. So fire him and put us back in.” If the Republicans had changed their policy ideas, this argument wouldn’t be a good one, but the problem is the GOP wants the exact same policies that were used during the Bush years.

“They want to cut taxes for high-income Americans, even more than President Bush did. They want to get rid of those pesky financial regulations designed to prevent another crash and future bailouts,” said Clinton. They also want to increase defense spending (against the will of the Pentagon), make budget cuts that affect the middle class, and keep subsidies for extremely profitable oil companies.

The RNC was extremely light on policy as opposed to Clinton’s speech because the GOP knows that when you tell the American people their policies, they will never vote for them. There’s so much more to talk about when it comes to Clinton’s speech, so I encourage everyone go and watch it or read the transcript. He’s been fact checked and just about everything he says is one hundred percent truthful. He goes through each issue from Medicare and Medicaid to the debt and the economy, and dismantles the GOP.

Now, President Obama’s speech was much lighter on policy, especially economic policy, which is what I didn’t like about his speech. He also hinted that he would once again try to work with Republicans again in a possible second term. I think that these were the main two faults of his speech. If he talked about the American Jobs Act, an act that the CBO estimated would create around 1.5 to 2 million jobs, his speech would have been very strong. If he brought up that the GOP blocked this plan, it would have made his case even better. He also said he refuses to eliminate deductions for the middle class or cut taxes for the rich, but with his attitude toward compromising, I don’t know if I buy it.

However, he did have some very strong rhetoric that was much better than Mitt Romney’s. This speech wasn’t President Obama’s best, but it was much better than Romney’s. One of the highlights was his claim that global warming was not a hoax, hitting back at any
Never forgetting those that have been lost

Christiana Oatman
OPINION EDITOR

This Tuesday was the eleventh anniversary of one of the worst terrorist attacks on American soil. Every current Pacific student, every member of the alumni, and every member of the faculty remembers the day vividly and can tell you exactly where he or she was, what he or she was doing when they first heard the news.

Nine-eleven is our generation’s Pearl Harbor. But if Pearl Harbor comparisons are to be believed, that means that the events of 9/11 will slowly fade from American consciousness.

It struck me how much time has really passed when I read an article last year about how TV channels that cater to children would explain the events of 9/11 on the anniversary. There are thousands of Americans now who cannot tell you where they were that day because they were too young or hadn’t been born yet.

Many members of our generation cannot tell you when Pearl Harbor occurred or even what it was. They learn about it in their history books, and maybe if they pay attention to the news in early December, they might hear something about how President Obama paid tribute to the victims of Pearl Harbor in Hawaii.

As people remembered the lives lost on 9/11, many used the phrase “never forget.” However, if we do not tell our future children and grandchildren the stories that we know and the memories we have, then it too will be forgotten.

The events of the past shape our present and our future. Both Pearl Harbor and 9/11 led to a declaration of war from the American government. Thousands more lives—both American and foreign—were lost in those wars. The war in Afghanistan, a direct response to 9/11, continues on today, ten years later.

In response to tragedy and war, we need to look for ways to end conflicts peacefully. We need to find ways to potentially defend ourselves without limiting anyone’s rights, regardless of their nationality or religious beliefs.

By recognizing the need for peace and remembering the names and faces of those whose lives were lost, we can remember the past and move into a more hopeful future.
Miracle and tragedy of Petra Anderson

Ruben Dominguez
SPORTS EDITOR

Last May, Petra Anderson '12 graduated from the University of the Pacific's Conservatory of Music with honors and prepared to enter a graduate music program at the University of Maryland. With such a bright future in front of her, neither Petra nor anyone else could have anticipated the horrible event that was to happen to her in the near future.

Shortly after midnight on July 20, Anderson and several friends were among dozens of people at Century 16 Theater in Aurora, Colo., and among the millions of people around the country attending the midnight premier of the film The Dark Knight Rises. According to Daily Express, at approximately 12:28 a.m., while the film was in its early stages, twenty-four-year-old James Eagan Holmes entered Anderson's theater wearing a gas mask, he was equipped with armor and several weapons, including a Smith & Wesson M&P15 and a semi-automatic rifle. Holmes threw a canister of gas into the audience, and then proceeded to open fire upon the helpless theater attendees.

Ten people were killed at the scene, while two more died en route to hospital care. Anderson was among 58 others injured. Altogether, the attack wounded 70 people, which Good Morning America states is the highest number of victims in any mass shooting in United States history. Just seven minutes after the shooting, Holmes was arrested without resistance at his car outside the theater. According to the Associated Press, Anderson was shot four times. While three of the shotgun pellets impacted her arm, the fourth went up through her nose, traveling through her brain and striking the back of her skull. Anderson, along with the others wounded, were rushed to a local hospital in critical condition.

Ultimately, the surgery was a success, thanks to what is being called a "miracle birth defect" of Anderson's person. Strait described just how incredible of a miracle this was in his blog:

"It seems as if the bullet traveled through Petra's brain without hitting any significant brain areas. The doctor explains that Petra's brain has a small 'fluid pocket' in it. In our non-medical minds, it is a tiny route of fluid running to the near future.

The other three clans present their lords' eldest sons to compete in a tournament for Merida's hand and to decide who will be King Fergus' heir because his first born is a girl. Merida has been headstrong her whole life, fears nothing, can wield a bow and arrow better than most men of the land, and wishes nothing more than to change her fate. The tale is not Pixar's best animated film; after all, it's hard to live up to films with a pull-string cowboy or clown fish trying to find its way back to the reef. However, it does represent a time in history meant to be told as a fairy tale. The best characters are Merida's triplet little brothers; adorable until the end, they run around terrorizing the castle, never missing an opportunity to steal some dessert, and make their nurse's life a living hell. When Merida attempts to change her fate with the help of a witch-woman, her brothers are affected by the curse and become the most adorable bear cubs to ever be seen on the big screen.

Brave is not exactly a fairy tale with a moral meant solely for a young audience because while containing the cute animated characters of Pixar flocks of the past, there is an adult undertone that can remind viewers of the original feeling of Toy Story, which depicted Woody as more of a jerk than someone viewers could relate too. The cute fuzzy feelings in the film are over-shadowed as the morbid Scottish, medieval tale create a fear that maybe-just maybe Pixar might end the film on a low note.

Pacific students, faculty and staff can see Brave at 8 p.m. in the Janet Leigh Theatre tonight through Saturday night.
Budget busting buys at your local Wal-Mart

Jamieson Cox
CONTRIBUTING WRITER

Off Campus and on a budget? This series can help battle tuition increases and cuts food costs. Here are the top 8 "best bang for your buck and belly" (well, some) purchases from the local Wal-Mart.

1. Breakfast, Great Value- Sausage, Egg, and Cheese Croissant. (4 pack for $3.98)
   When you have the class and the temptation to zip to McDonalds sets in, I pop one of these in the microwave for two minutes instead. With half the fat and cost, plus real sausage (I think), these save time, gas, and money. The iHOP flat breads are a healthier alternative.

2. Breakfast, Honey Buzers- ($4.59) If I am not eating breakfast sandwiches, this jumbo bag of cereal is my second choice. With less than .5 grams of fat per serving and 100 calories, a bowl of this with some low-fat milk can definitely get me to lunch. Not to mention, with 32 servings in one bag and adding the cost of milk, breakfast is still less than 30 cents.

3. Drinks- Great Value Flavored Mix. ($1.74 for 20 servings) Instead of sodas with 64 grams of sugar per drink, I drink these as a healthy alternative. At only nine cents per bottle and over 20 different flavors (Iced Peach Tea and Cherry Limeade are bomb!), I can refill my BPE free bottle and have a tasty beverage with zero calories, and zero grams of sugar.

4. Dinner- Healthy Choice Modern Classics ($2.00) With over 10 different types of meals (Salsbury Steak and Alfredo are my favorites), less than 7 grams of fat, 310 calories, and over 24 grams of protein, these are my pick for a quick, tasty meal that fill me up. Don't think it is enough food? Well here's a thought-maybe I don’t need to eat a full chicken in one serving?

5. Snack/ Mini Meal- Valley Fresh Steamers ($1.98) These are my favorite on the list. With less than 5 grams of fat, 290 calories, 10 grams of protein, and only needing 2 minutes in the microwave for snacking perfection, I’m never disappointed with these. The macaroni and cheese with broccoli is life changing. Not to mention, I have over 10 variations to chose from.

6. Dinner- Tonys Pizza- These babies are less than $2.00 and can serve three people. With how good the Supreme one is (and at this price),

7. Snacks- Great Value Tater Tots ($2.00 for 5.58) First of all, they are tots. Secondly, 300 of them for less than 6 bucks! They are actually not to bad for my belt line (unless I eat the whole bag at once), but for a serving, they can be a great snack.

8. Desert- Wal-Mart Icee Pops- Okay, I cheated on this one. I know they are just sugar water, but I have a Popsicle obsession. With flavors like mango, pineapple, margarita, daiquiri, sour apple, and 10 others-really? And $2 for $2.48? How could one pass. Let’s be serious when is it not okay to eat an ice-pop? Never.

Things that didn’t quite make the list-
1. Gushers- Yes I love gushers, but for over 46 grams of sugar in one little pack, no wonder there is a childhood obesity problem.

Inside Magic: The Gathering, The Club

Jeremy Hixson
ADVERTISING MANAGER

Aug. 5, 1993; Magic: The Gathering was introduced to the public and is now one of the longest-running collectible card games. Since then the game of strategy, math, creativity, and a bit of emotion, green for growth in nature. In addition, the color cards are separated into subcategories which dictate when they can be used. An “instant”, for example, can be played whenever one chooses, often as a way to get a quick upper hand. In contrast, a “sorcery” can only to be played at certain times during your turn, which lacks the same element of surprise.

“Creatures” more often than not provide the means to defeat your opponent by lowering your opponent’s life total. Land can be considered to be a players most important resource, allowing the players to “cast spells” of the corresponding colored “mana”. Normally, two players face-off with their 60 card decks starting at 20 life. The primary path to victory is to lower your opponent’s life total to 0. While there are other paths to victory, this is the most straightforward.

There is one thing that stands out when it comes to Magic: The Gathering- there is not just one way to play. Multiple formats exist, allowing players to play the card game they wish to play. Some players use the most recent cards to build what is called a standard deck, while some players have nearly all the cards at their disposal building legacy decks. Other players prefer limited formats where players construct their decks on the spot using cards in pre-sealed packs as their building blocks. While all these are tournament formats, many casual players build decks primarily to play at home with friends.

The social aspect of this game is arguably what keeps it alive. While people love to win games, they seem more often than not to prefer to play with people they know, allowing the game to be enjoyable, win or lose. The social aspect of this game makes groups like Pacific Magic: The Gathering possible: a group of players on campus of diverse interests and playing styles all interested in the game. The group holds tournaments on campus of varying formats on select weekends.

With so many ways to play, it is not surprising that the player base is quite diverse. At local card shops, such as Grapevine Comics & Cards or Heroes on Paper, you can find 6 graders playing college students, paralegals playing artists, bartenders playing IT specialists - the possibilities are endless.
Pacific welcomes Beta Theta Pi to campus

Jesse Voelkert
GENERAL MANAGER

The once vacant Greek house sitting in the center of Greek Row has new residents this year. Beta Theta Pi, the newest social fraternity to campus, opened up the new academic year fully moved in and ready to join the other Greek organizations on campus, filling the empty shoes left by Delta Upsilon, who left Pacific before the 2011-2012 school year.

The founding fathers that were chosen last spring semester to start up the Pacific colony of Beta Theta Pi came onto campus to a freshly refurbished house, ready to begin the process of colonizing and recruiting at Pacific. Operating under the flagship phrase "men of principle," Beta Theta Pi adheres largely to its five core values: mutual assistance, intellectual growth, trust, responsible conduct, and integrity. In addition to "men of principle," Beta Theta Pi is known as "the singing fraternity", which may be due to their performance at Club Rush last week, as well as their regular serenading of the Sorority houses.

Beta Theta Pi will be joining the other Greek organizations for fall recruitment for those who would like information regarding the organization or Greek life in general. Also, while the house is not fully furnished, those that are curious can ask a brother living in the house for a quick tour or look out for more information about an open house event in the near future.

Nutritional Benifits: To organic or not to organic?

Alexandra Caspero
CAMPUS DIETITIAN

By now, most of you have seen the recent headline "Is Organic Food worth It?" If not, researchers at Stanford University School of Medicine concluded that overall, organic foods are not nutritionally superior to conventional foods or safer regarding bacterial contamination.

The scientists emphasized that they did not find any significant evidence pointing to nutritional benefits linked to the consumption of organic foods. They did, however, find "weak evidence" of higher phenol levels in organic produce.

This conclusion then bears the question, why eat organic at all?

Well, let's put some things into perspective. First, organic food doesn't really claim to be more nutritious. Sure, there are some studies that go back and forth discussing antioxidant content, but that's not really the main premise behind buying organic food. At least, it shouldn't be.

Organic food may not be more nutritious, but it's definitely healthier. Conventional produce is exposed to pesticides, something that's not done with organic produce. Organic meat and dairy are not given antibiotics and hormones as can be done with non-organic counterparts.

Many who purchase organic food also do so for the environmental payoff. Conventional farming depletes the soil of necessary nutrients that make the land healthy and sustainable. There is also the issue of chemical run-off as a by-product of pesticide use, which contaminates the water.

Organic food can be more expensive. This study didn't help to clear up any lingering questions about organic food, unless you believed that organic food had more nutrients than conventional produce.

If organic food was as cheap as conventional food, everyone would switch over in a heartbeat. But it's not, so everyone must compromise based on his/her financial capability, values, and priorities. There is no right answer. NutriCat would love to be your thoughts! Facebook NutriCat, to weigh in on your opinion.

MAGIC CONTINUED FROM PAGE 7

tournaments can be found around the world in addition to the upcoming Grand Prix in San Jose on Oct. 13. At tournaments like these, games can become remarkably skill-intensive where a single misplay can mean defeat.

In summary, Magic: The Gathering is a game that means different things to different people. To some, it's a way to let off steam with friends. To others, it's a means of competition. Regardless of where a player falls in the spectrum, there seems to be room for everyone. That is what has kept me playing since 1997 with no intention of stopping any time soon.

Assertive communication workshop

Christiana Oatman
OPINION EDITOR

The Women's Resource Center (WRC) is part of the Multicultural Center and offers books, workshops and other resources that focus on gender and women's issues. Beginning Monday, Sept. 17 at 3:30 p.m., the WRC will begin an assertive communication workshop. The workshops will also be held on Sept. 24, every Monday in October, and Nov. 5. People are not required to attend all seven sessions.

"We live in a paradoxical world: on the one hand, there seems to be no boundaries in our tell-all, TMI society; on the other hand, we are never taught the simple skills of authentic communication," said Corrie Martin, the director of the Women's Resource Center and one of the facilitators of the workshops.

"It begins with learning to identify how we really feel and what we really need; what is important enough to us to risk communicating it with another person? In the end, we were inspired to offer these workshops by the experiences of many students we have encountered who would benefit from being able to interact with confidence and clarity, with their professors or administrators at school, with their families, or with supervisors or co-workers at their jobs. We see students who struggle to communicate a difficult truth or emotion, or a simple goal or desire. These workshops are a step toward developing this ability."

While assertive communication is important in all grades, the facilitators addressed specific reasons why they wanted these workshops to be part of the Women's Resource Center.

"Women often struggle to find their authentic voice; we worry about being perceived as 'pushy' if we try to speak up, and we can also feel self-doubt as to how to effectively express our opinions and needs, especially to people in positions of power or authority. These workshops will help us to identify the situations that call for assertive communication. Half the battle is knowing WHEN to assert yourself, as well as HOW," Martin explained. She further went on to state that the first round of workshops will be primarily targeted for women, but there will be a series of workshops next semester that will be targeted more for all genders.

Corrie Martin and other organizers of the event were very open to feedback, particularly if a student could not attend this semester's workshops but wanted to.
through her skull, like a tiny vein through marble, winding from front to rear. Only a CAT scan would catch it, and Petra would have never noticed it. It seems many people have these places in their brains, in random places."

While that fluid pocket in Anderson's brain was indeed present and did not have any negative affects on her functionality, the chance that the pellet went exactly where it did in her brain is infinitely small. Any small change to where she was sitting in her chair, the timing of the gunman's shot, or the angle at which the pellet entered her brain, and Anderson becomes death number 13. "But what is significant is that in Petra's case," Strait continues, "the shotgun buck shot, maybe even the size used for deer hunting, enters her brain from the exact point of this channel. The bullet is channeled from Petra's nose through her brain. It turns slightly, and comes to rest at the rear of her brain. And in the process, the bullet misses all the vital areas of the brain. In many ways, it almost misses the brain itself, doing very little damage. Not exactly, but like a giant BB though a straw created in Petra's brain before she was born, it follows the perfect route. The bullet moves in the least harmful way. A millimeter in any direction and the brain is destroyed. Evil wins a round."

"I believe that she was not only protected by God," Kim Anderson, Petra's mother, told the Sacramento Bee in an interview, "but that she was actually prepared for it." Thanks to a miracle, a small glimmer of hope has shone through the dark cloud of an unfathomable tragedy. However, while Anderson is continuing on with her recovery, the expenses of what has happened have, unfortunately, not been limited to injury alone.

Kim had been diagnosed with breast cancer earlier on. She had received treatment and beaten the cancer. Shortly before the Aurora shooting, it was discovered that the cancer had spread to her liver, bones, and lungs. With both mother and daughter needing extensive medical treatment, the bills began to pile up for the Anderson family.

In response, the Hope Rises Relief Fund has started a campaign to help raise money for the Andersons. According to the Huffington Post, more than $32,000 has already been raised in the effort. The campaign homepage, which includes a video by Chloe Anderson, Petra's sister, as well as information about the tragedy and what people can do to help, can be found at www.indiegogo.com/readytobelieve.

Sadly, on August 28, it was revealed on the webpage that Kim had lost her battle with cancer and passed away.

On Thursday, September 13, a free concert will be held in Petra's honor at 7:30 p.m. at Faye Spanos Concert Hall. Petra Anderson is expected to attend. The program will feature various musical selections, including some written by Anderson herself. While the concert is free, donations to help the Anderson family are welcome. All students, faculty, and anyone in the Stockton community are encouraged to attend this concert which will reflect on the tragic events that transpired, honoring those that have been lost, and celebrating the one that didn't, thanks to a miracle.

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SPORTS

Pacific hosts Nickelodeon “Worldwide Day of Play”

Men's and women's tennis kick off fall season with volunteer efforts

Jamieson Cox
CONTRIBUTING WRITER

In collaboration with Nickelodeon and the USTA (United States Tennis Association) in an effort to get today's youth back outside and active, Pacific, like many other schools and parks around the globe, hosted a full day of activities and exercise for the local youth. Ryan Redondo, newly appointed Women's Head Coach, Charlotte Scatliffe (formerly at UCSB), Mike Erwin of ERWIN Tennis Academy, and the Pacific Tigers came together to inspire and instruct the youth with a full day of activities. Just minutes prior to nearly 100 elementary school students from all over Stockton pouring of the buses, Ryan Redondo (Director of Tennis and head coach for the men's team) gave all the new players a bit of advice. Quoted from a friend, Coach Redondo stated that "University of the Pacific is a great beacon of light in this community, and it's our job as students, athletes, and representatives of this institution to reflect that light onto the youth of this city." The day consisted of hands-on lessons and demonstrations from both varsity teams. This initiative was created to raise awareness about the benefits of tennis. The event taught kids about being healthy and active, as well as many other life skills. This initiative was also in alignment with Coach Redondo's work in promoting the new USTA 10 and Under Tennis programs and grassroots efforts to help under-privileged kids and schools in the area. The hope is that tennis will be played more often in the schools as a great way to get the youth more active and healthier.

Alex Golding, a marketing major and senior on the men's team stated that, "The day was a very rewarding experience for all of us, and we were all glad to give back to the city that has given us so many memories and opportunities. We hope to have inspired some of the kids to pursue tennis."

Both teams have been off to a great start on court as well. This past Saturday, the men's team, along with their five new freshmen, showcased their skills for the first time this year in the Pacific Campus Showdown, which hosted players from USF, UCSB, and UC Davis. Both teams will return to competition in three weeks with the men headed to ITA Regional's and All-Americans and the women to the Cal Nike Invitational.
Women's soccer earns first victory of the season

Ruben Dominguez
SPORTS EDITOR

The first ever night game for Pacific women's soccer at Knoble Field also marked the first win of the 2012 season, as the Tigers' defense held up late, preserving a 1-0 upset victory set the Pacific single-set school record. In the championship game, Pacific suffered its first loss of the season, falling in three sets to No. 8 Stanford. In the championship game, Hannah Clancy '13 (pictured), recorded her second double-double of the tournament with 32 assists and 11 digs. Gillian Howard '15 led the Tigers with 5 blocks.

WOMEN'S VOLLEYBALL: Undefeated so far this year, Pacific travelled to Stanford to take part in the Stanford Invitational. The Tigers handled the first two matches, including a sweep of Loyola-Chicago on Friday that featured a score of 25-6 in the third set. The 19-point margin of victory set the Pacific single-set school record. In the championship, Pacific suffered its first loss of the season, falling in three sets to No. 8 Stanford. In the championship game, Hannah Clancy '13 (pictured), recorded her second double-double of the tournament with 32 assists and 11 digs. Gillian Howard '15 led the Tigers with 5 blocks.

CROSS COUNTRY: Participating in the team's first 6K race of the season, Pacific travelled to Humboldt State to run in the Humboldt State Invite. Finishing sixth overall and first for the Tigers was Lindsay Wouk's 16th (pictured), who set the Pacific all-time freshman 6K mark with a time of 23:01.81. Just three spots below her was teammate and classmate Becky Grabow '16 who finished ninth overall at 23:22.81. Fellow freshmen Mia Knipper and Lauren Nakaso finished with times of 24:08.74 (20th) and 24:19.92 (24th), respectively. The Tigers also set a team 6K record, finishing with combined time of 2:00:01.92.

FIELD HOCKEY: Pacific, taking on its second ranked opponent in as many games, travelled to Stanford, Calif. to play a designated home game against No. 10 Iowa. Though they put up a spirited effort, the Tigers were ultimately outclassed in a 6-0 loss. The defeat dropped Pacific to a 2-3 overall record.
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