Student survives stabbing

David Morin
CONTRIBUTING WRITER

Events this weekend took a turn for the worst at an off-campus party this Saturday night. At 1:22 a.m., the Stockton Police Department received a call reporting that a Pacific student, Tyler Sandelin, had been stabbed at a party near Pacific's campus. According to Officer Joseph Silva, Stockton Police Department's Public Information Officer (PIO), the suspect, an Asian male in his early 20's with a dark hair and a goatee, is still at large.

"The suspect in this case has not been arrested."

As an email sent out to Pacific students by Vice President of Student Life, Elizabeth Griego, on Sunday-Sept. 23, there was a party that was hosted by Pacific students which ended up attracting members of the Stockton community.

Shayne Brown '13, a student at the party and close friend of Sandelin's, explained how an altercation began between himself and a male non-student. The individual, said to be a gang member, tried to start a confrontation with Brown, who explains how the events unfolded: "...the gang member tried to start a confrontation with me. I tried to disarm the situation, but he wasn't having any of it. Tyler was watching him closely to have my back. No one saw the knife pulled except for Tyler, and he instantly dove over a couch and tackled him, which is when he was stabbed."

Fortunately, the police arrived promptly. Brown goes on to say that the police "arrived in about 3 or 4 minutes and the ambulance took about 7. Their quick response time probably saved his life."

On his Facebook profile, Sandelin explains how grateful he is for the alert responses of his friends, the emergency response teams, and the staff at St. Joseph's Hospital. "These people are the reason for me being on the road to recovery."

"I held his hand until he passed out and Tex Mabaylon put pressure on his wound," stated Brown, explaining how he and Mabaylon '13 were there with Sandelin during those critical moments upon the arrival of the paramedics. Brown expressed his gratitude for the courageous acts of Sandelin that night. "A lot of fruit trees will say they'll take a knife for you or give their lives for you, but Tyler proved it that night...Tyler almost gave his life to protect me, and when I asked him how I could thank him, laying in his hospital bed in pain he said, 'Nothing; I would do it again in a heartbeat.' Tyler was a true hero that night."

Mabaylon commented, "I'm glad I did all I could until the paramedics arrived. I'll admit I was scared, but knowing Tyler, I knew he would pull through. I'm so relieved that he made it, and I wish him a speedy recovery."

The Stockton Police Department is encouraging citizens to call if they have information pertaining to this case. If you have any information regarding the suspect, please contact the Investigations Division at 209.937.8323, or Crime Stoppers at 209.946.0600. Text messages can also be sent to "CRIMES" (274637) with the keyword TIPS. Those who choose to contact the police will remain anonymous.

BREAKING NEWS

Student survives stabbing

David Morin
CONTRIBUTING WRITER

Events this weekend took a turn for the worst at an off-campus party this Saturday night. At 1:22 a.m., the Stockton Police Department received a call reporting that a Pacific student, Tyler Sandelin, had been stabbed at a party near Pacific's campus. According to Officer Joseph Silva, Stockton Police Department's Public Information Officer (PIO), the suspect, an Asian male in his early 20's with a dark hair and a goatee, is still at large.

"The suspect in this case has not been arrested."

As an email sent out to Pacific students by Vice President of Student Life, Elizabeth Griego, on Sunday-Sept. 23, there was a party that was hosted by Pacific students which ended up attracting members of the Stockton community.

Shayne Brown '13, a student at the party and close friend of Sandelin's, explained how an altercation began between himself and a male non-student. The individual, said to be a gang member, tried to start a confrontation with Brown, who explains how the events unfolded: "...the gang member tried to start a confrontation with me. I tried to disarm the situation, but he wasn't having any of it. Tyler was watching him closely to have my back. No one saw the knife pulled except for Tyler, and he instantly dove over a couch and tackled him, which is when he was stabbed."

Fortunately, the police arrived promptly. Brown goes on to say that the police "arrived in about 3 or 4 minutes and the ambulance took about 7. Their quick response time probably saved his life."

On his Facebook profile, Sandelin explains how grateful he is for the alert responses of his friends, the emergency response teams, and the staff at St. Joseph's Hospital. "These people are the reason for me being on the road to recovery."

"I held his hand until he passed out and Tex Mabaylon put pressure on his wound," stated Brown, explaining how he and Mabaylon '13 were there with Sandelin during those critical moments upon the arrival of the paramedics. Brown expressed his gratitude for the courageous acts of Sandelin that night. "A lot of fruit trees will say they'll take a knife for you or give their lives for you, but Tyler proved it that night...Tyler almost gave his life to protect me, and when I asked him how I could thank him, laying in his hospital bed in pain he said, 'Nothing; I would do it again in a heartbeat.' Tyler was a true hero that night."

Mabaylon commented, "I'm glad I did all I could until the paramedics arrived. I'll admit I was scared, but knowing Tyler, I knew he would pull through. I'm so relieved that he made it, and I wish him a speedy recovery."

The Stockton Police Department is encouraging citizens to call if they have information pertaining to this case. If you have any information regarding the suspect, please contact the Investigations Division at 209.937.8323, or Crime Stoppers at 209.946.0600. Text messages can also be sent to "CRIMES" (274637) with the keyword TIPS. Those who choose to contact the police will remain anonymous.

Creating a better Stockton:
How Pacific is facilitating the change

Ruben Dominguez
SPORTS EDITOR

Tonight, News 10, the Sacramento ABC News affiliate, will be broadcasting a special town hall meeting from the University of the Pacific campus. The televised event, "Stockton in Crisis: Searching for Solutions", will feature a live panel consisting of Stockton Mayor Ann Johnston; Pacific economist Dr. Jeffrey Michael; San Joaquin County District Attorney James Willetland; Stockton Deputy Police Chief Rick Salcedo; Pastor Glenn R. Shields; and Executive Director of Community Partnership for Families of San Joaquin, Robinia Asghar. They will directly respond to questions from a live audience. The event will be streamed live online and air later tonight on News 10.

The event will take place from 7 p.m. to 9 p.m. at Long Theater. Doors will be open starting at 6:30 p.m. and every audience member must be seated by 7:15 p.m. The meeting and filming will commence at 7:30 p.m.

The town hall meeting comes in response to the increasing economic decline, theft, and violence that has been plaguing the city of Stockton, especially in recent weeks. In the months since Stockton declared bankruptcy, economic conditions have been growing worse as everything from gasoline to tuition has been steadily increasing in price, and both theft and violence have been reported frequently in the recent...
**President and SIS students talk it out**

**Amanda Wynn**  
STAFF WRITER

A dialogue regarding the School of International Studies' (SIS) merge to the College of the Pacific (COP) was held on Tuesday to answer questions posed by Pacific students. President Pamela A. Eibeck and Provost Maria Pallavicini led the discussion centered on the reasons this merge will occur.

Melissa Davis '14 began the discussion with a common question: If enrollment into SIS was declining, why not advertise?

"We can't just advertise," President Eibeck replied. She continued to explain that it's difficult to convey the unique qualities of SIS to a wide audience. While President Eibeck expressed the opinion that it is difficult to gain transfer students into SIS, some disagreed by citing specific people they know who did transfer into the school.

Connecting the discussion back to the issue of advertisement, students expressed what a unique program SIS is and how, with proper advertisement, such a merge would have been unnecessary.

Alexis Duclos '13 explained that the unique opportunities the School of International Studies offers as its own school are numerous, and those opportunities are not being expressed through the brochures and advertisements seen by thousands of interested high school students. "If that's the issue that we are facing why are our brochures and our marketing materials not reflecting that?" Duclos expressed on behalf of the students.

Dean Gale of SIS touched upon the desire for synergy between SIS and COP, hence the merge. Duclos added that such synergy had been in the works previously by SIS faculty, and she asked why that model was not carried out instead of the current change.

"If feel like these conversations would have been better if they had happened before the decision was made," Sarah George '13 expressed.

**Gold theft on the rise**

WATCH YOUR BACK AND YOUR NECK... CONTINUED FROM PAGE 1

was shot, six other gold theft robberies were also reported in a two hour period. According to News 10/KXTV, one of the victims was a 13-year-old girl walking home from school. Two suspects pulled up in a car and pulled the necklace off from her neck.

This trend of gold theft is not localized to the Stockton area, and it is suspected to be connected to the rise in "We Buy Gold" advertising. Gold prices are averaging at $1,700 an ounce right now.

The Stockton Police Department is recommending that people to avoid wearing jewelry in public, always be aware of their surroundings, and travel in groups when possible. Crime rate in Stockton is on the rise, and the community leaders are taking notice and working on a solution.

"We understand and share the frustration that we must find quick solutions to our crime problem," wrote Mayor Ann Johnston in her article for The Reporter last January. "However, there is no single plan, there is no single solution, that is controlled by the city that will result in immediate change. We urge our citizens to take action by protecting themselves and their property from crime and help police by reporting crimes and providing information to police that will help solve crimes."

---

**Voting for women's suffrage**

**Christiana Oatman**  
OPINION EDITOR

The number of women who vote in elections in the US has dropped by 60 percent. This, among many other reasons, is why the Women's Resource Center partnered with the American Association of University Women (AAUW), the National Council of Negro Women (NCNW) and the Pacific Alumni Association to host Pacifc's second annual intergenerational tea last Saturday. The theme was It's My Vote, I Will Be Heard. The event took place in the DeRosa University Center ballroom, and food and tea was served.

All four speakers were women who are engaged in the political process, each approached the subject differently. The speeches were meant to connect to and inspire the audience, particularly students on issues of voting and gender and voting and age.

A key theme of the event was to inspire and encourage the millennial generation. In her keynote speech, Vice President of Student Life Elizabeth Griego cited statistics from a long-running UCLA study, the CIRP Survey. Students throughout the country have taken the CIRP Survey for over 50 years, and it is considered a major tool in identifying differences between generations. Recent results note that 75 percent of the millennial generation values "being wealthy," 25 percent "keep up with political affairs" and only 39 percent see developing a "meaningful philosophy of life" as an important life goal, the lowest percentage in the survey's history. Griego countered this data by arguing that working with students at Pacific, she has seen students value each other, keep up with political affairs and stand up for what they believe in. Griego cited an example from last year when Pacific students went to Sacramento to protest cuts to the Cal Grant. Another speaker, the Vice President of the Pacific Alumni Association Pam Gibb, also mentioned this as an example of college students taking action in the political process.

"This is a generation that is going to make a difference," Griego said. "[In] global and environmental consciousness, constant connectivity [through technology], and values of accountability, fairness, openness, equity and peace. This is the generation that [started an] supported the Occupy and As Grade Spring movements."

Griego encouraged the female voters in the audience to think about "women's issues." According to a Gallup study that she quoted, "women vote differently than men," saying that women are more empathetic than their male counterparts and it is the major reason why women vote differently.

"Voting is your right. Women are still fighting for that right. If we don't vote, someone else will," Griego said, referring to the fact that if a voter doesn't vote, they are...
not allowing their political voice to be heard and are instead allowing other voices to dominate the political conversation.

Pam Gibbs is a lobbyist for the Los Angeles County School District. She used to work for Grey Davis and told the audience to not just vote, but to do as much research as possible to be knowledgeable about the candidates and propositions. She listed the My Voter Information Guide, events like It’s My Vote, news sources, political parties, the League of Women Voters, AAUW, the Legislative Analyst’s Office, the Public Policy Institute and family, friends, and mentors as good sources to go to when determining what and who to vote for this November.

One of the highlights occurred during Ronda A. Sanders’, the president of the AAUW Stockton chapter, speech when she asked all those who currently hold or are running for elective office to come to the podium and introduce themselves. They included Ann Johnston, the mayor of Stockton; Van Ha To-Cowell, the president of the Lincoln Unified School District Board; and Susan Eggman, a member of the Stockton City Council who is currently running for the State Assembly representing District 13.

“Salute the women who run for office for their courage and insanity,” Griego said after citing a story from the US suffrage movement. Griego illustrated how difficult it was for the suffragettes so that the women in the audience would not only appreciate those who went before them, but also realize that the fight for suffrage is not ancient history. Women in countries like Kuwait and Iraq have fought for the right to vote and have only received it within the past few decades.

“It’s My Voice, I Will Be Heard” is both the title of the event and the name of an ongoing AAUW campaign with the same goals. On Tuesday, the AAUW ran a voter registration table on campus, and it is currently accepting applications for two student women leaders at Pacific to receive scholarships to attend the National Conference for College Women Student Leaders (NCCWSL) from May 30 to June 1 at the University of Maryland.

At the end of her speech, Pam Gibbs encouraged everyone in the room to chant with her: “My voice was heard. My voice was heard.” Because of this event, perhaps many more political voices will be heard.

Public Safety

Weekly Report
Sept 6th - Sept 22nd

Warrant Arrest
Pershing and Brookside, Sept. 18
Officers made contact with a suspicious subject near the Townhouse Apartments at 1:10 a.m. and discovered he had an outstanding felony warrant. The subject was then arrested and booked.

Found Property
Janssen-Lagorio Gym Restroom, Sept 18
Security found a necklace in the restroom and booked it for safe keeping at Public Safety.

Loss/Theft
Art Building, Sept. 19
A victim reported losing their laptop somewhere in the building. It is unknown if it was stolen.

Robbery
Sutter and Mariposa, Sept. 20
A victim reported that earlier in the day he was at the above location when the suspect displayed a knife from across the street and demanded money. The victim ran from the area with no loss reported. The suspect was described as a Caucasian male with black shoulder length hair and dark pants. The victim stated he looked like a transient type.

Theft
DeRosa University Center, Sept. 20
A victim reports leaving her purse unattended for a period of time and later found it missing $300. A report was filed.

Assault
Grace Covell, Sept. 20
Officers responded to a call regarding a disturbance between a male and a female. The male was leaving the building when officers arrived. The officers learned that the male had assaulted the female, and another person had tried to intervene on her behalf. The male was arrested and booked.

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/ Crime-on-Campus/2012-Weekly-Incident-Log.html
Create your own path in life

Danielle Procope
STAFF WRITER

Recently, I've been working through what I refer to as the "upperclassman blues". I've just begun my third year of college, and inevitably, I have begun to think seriously about what I will do after I graduate. Constantly, students and faculty ask me what I plan on doing. Up until very recently, I've automatically responded that I will go to law school. I was in an English class with Dr. Jeffrey Hole earlier this semester and he asked me--as he did everyone else in the class who said that they were going to law school after college--"Why do you want to go?" I didn't have an educated answer. I said something ambiguous about how I have the ability to be a successful lawyer, that I find law interesting, and that I can envision myself practicing law in the future. I do not think I convinced anyone in the class of my answer and I certainly didn't convince myself.

This, as well as the LSAT books sitting in my apartment that I had yet to seriously study, set off serious self-reflection. Law school had my parents' blessing. I had always found security in the idea of law school. As long as I stuck to my plan that I had made long before I ever reached college, it seemed like I had everything under control. After all, I was more than on track to graduate from college and go straight to law school. But I realized once I found the courage to deeply analyze myself and what I want for my life that law school is not in my heart. When people speak about following their heart and passion and viewing work as a source of personal fulfillment, oftentimes they are viewed as extremely naive. The truth is most of us are in college primarily to raise our earning potential. According to the National Center for Education Statistics, in 2010, the average high school graduate made approximately $37,000 annually whereas the average college graduate made $45,000. Average annual pay salaries increase even more for those with advanced professional degrees. Also keeping in mind the increase of student debt coupled with the increasing cost of education, making money has become even more of a main focus than ever before, almost to the exclusion of all else.

Many of us do not choose majors because we love them but because we see monetary value in them. Some of us have parents who have a very narrow vision for our future working life, or we ourselves have internalized this notion and see college merely as a conduit towards that place, not a place of self-discovery where co-curricular activities and social life are just as important as GPA.

Fortunately for me, I have always known that a myriad of majors are acceptable for a person who is considering law school, so I have picked the majors I love to study. For other professional programs that are more restrictive, many students have not had that opportunity.

The more I began to seriously ask myself why I want to attend law school, the more flustered I became as I realized that I didn't really have an answer. I realize that I have asked myself many questions such as: What do my parents want me to do? What will make me look prestigious? How can I maximize my earning potential? All of these questions are generic and lead to many options. But once I began to ask myself what I believe to be the most important question of all--Do what I want to do and what will make me happy?--I came to the conclusion that it's a PhD program and teaching. I also began to look back on my college career at Pacific so far, and I realized that I have already done so much towards this goal even though a few months ago I didn't feel like Pacific has a responsibility to help the community. It would help the school to help the community, but it shouldn't be responsible for it.
Money making candidates crazy

Mitchell Woerner
STAFF WRITER

Last week, Mitt Romney was once again under fire for comments he made in a private fundraiser about the 47 percent of Americans that don’t pay federal income taxes. He said the following:

“There are 47 percent of the people who will vote for the president no matter what. All right. There are 47 percent who are with him, who are dependent upon government, who believe that they are victims, who believe that government has a responsibility to care for them, who believe that they are entitled to health care, to food, to housing, to you name it. That’s an entitlement—47 percent of Americans pay no income tax. So our message of lower taxes doesn’t connect. And [President Obama] will be out there talking about tax cuts for the rich. I mean, that’s what they sell every four years. And so my job is not to worry about those people—I’ll never convince them that they should take personal responsibility and care for their lives.”

Mitt Romney is correct in saying that 47 percent of the country doesn’t pay federal income taxes. However, this percentage is divided into different groups. According to the Tax Policy Center, a completely independent group that analyzes tax issues, 50 percent of people does not pay federal income taxes but still pay the payroll tax. The payroll tax has a flat rate of 15 percent that people only continue to pay until they’ve paid 100,000 dollars through the payroll tax. This rate is higher than the rate Mitt Romney paid in 2010 and 2011. They also still pay state taxes as well, which are predominantly regressive.

Another 10% of the country consists of people on Social Security and Medicare. Then there’s 6.9 percent that make fewer than 20,000 dollars yearly, are students, or have a disability. The last utilized is classified as other, but it is known that there are a small group of millionaires that occasionally pay nothing in taxes from time to time because of the way the tax code is set up. According to the IRS, 1,470 millionaires and billionaires paid nothing in taxes.

Mitt Romney’s comment that 47 percent of people will always vote for President Obama no matter what is completely false according to PolitiFact. The poor have one of the worst voter turnout rates in the country. In 2008, according to the Census Bureau, 44.9 percent of adults making less than 30,000 dollars per year voted. 25 percent of those living under 15,000 dollars yearly voted for John McCain. 37 percent of those making between 15,000 and 30,000 dollars yearly voted for McCain. Politifact went on to say, “Put another way, Obama is expected to win millions of votes from people who do pay federal income taxes, and Romney is expected to win millions of votes from people who do not pay federal income taxes.”

The last item I want to touch on about Romney is his comments about personal responsibility and dependence. Between the recession and the deductions, there are plenty of Americans who still work hard and have jobs and don’t pay federal income taxes. However, they pay a higher rate than Mitt Romney. The majority of the 47 percent are still hard-working Americans that struggle to get by. Ezra Klein, a writer for The Washington Post, made a great point about Romney and his view on responsibility, saying, “The thing about not having much money is you have to take much more responsibility for your life. You can’t pay people to watch your kids or clean your house or fix your meals. You can’t necessarily afford a car or a washing machine or a home in a good school district. That’s what money buys you: goods and services that make your life easier, that give you time and space to focus on what you want to focus on.

Another tape released last week was from President Obama in 1998, talking about how he’s in favor of redistribution. He says taxes and then redistributes them to different groups like teachers, cops and firefighters. They also give it to oil companies, military contractors, and banks. That money comes from every class and goes to every class. What President Obama is talking about in that video is how do we make that process efficient so that it benefits everyone in the country.

It’s not that Mitt Romney hates redistribution; he just thinks the trick is figuring out how do we structure government systems that pool resources and hence have a responsibility to care for them. And because I actually believe in redistribution, at least at a certain level to make sure that everybody’s got a shot. How do some time as we decentralize delivery systems in ways that both foster competition, can work in the market place, and can foster innovation at the local level and can be tailored to particular communities?”

Mitt Romney jumped on this, saying all President Obama wants to do is take from the rich and give it to the poor. The government’s job is to redistribute. The government takes taxes and then redistributes them to different groups like teachers, cops and firefighters. They also give it to oil companies, military contractors, and banks. That money comes from every class and goes to every class.

What President Obama is talking about in that video is how do we make that process efficient so that it benefits everyone in the country.

I encourage everyone to think carefully about what they love to do and think about how to incorporate that into their future work life. Also, think about how Pacific can help forward you towards realizing your aspirations and discovering who you are as a student and as an individual during your time here.

September 27, 2012 OPINION

Mitchell Woerner
STAFF WRITER
Stocktoberfest
Downtown Stockton
SATURDAY, OCTOBER 6, 2 PM - 10 PM
SUNDAY, OCTOBER 7, 11 AM - 4 PM
WATERFRONT WAREHOUSE AMPHITHEATRE
445 W. Weber Avenue, Stockton

STUDENT ADMISSION $15*
Glass stein and one frosty beer included!

One-day admission for students with a valid student ID only.
Glass steins for the first 800 admitted. On Saturday, only ages 21 and over will be admitted.
On Sunday, admission for ages under 21 is $5. Upgrade to a two-day ticket for $5.

Scan with a smartphone to find out WHAT'S ON TAP!

209.464.5246 • www.stocktoberfest.com • /DowntownStockton • @D_townStockton
Visit the past: Chinese “Locke” down

Jamieson Cox
STAFF WRITER

Will all of the bad light that Stockton has been receiving in the media, I wanted to start highlighting some of the greatness that surrounds University of the Pacific and Stockton. San Francisco and Sacramento are both about an hour away, but what many don’t know is that there are hidden destination gems all around us, some only a few miles away. So why leave town when you can have a good old fashioned “stay-cation”, instead of a vacation right here in town? I like to call them “Stocktinations.” Locke, a nearby River Delta community, is one of many that you will be introduced to in the upcoming weeks. With that said, here is a brief history of the only rural Chinese community left in the United States and how a tiny town made a huge impact on the development of central California.

Nearly one hundred years ago, just after the turn of the century, the surrounding area though the River Delta had begun going through a major growth spurt. Walnut Grove, a small farming town on the Sacramento River located about 30 minutes northwest of Stockton, had been home to two separate Chinese communities. A few Japanese immigrants were also said to be a part of these communities but reportedly were taken from the town during World War II and sent to camps, never returning back to the area.

Due to some differences between the two communities, one set the opposing groups residential area to flames. Though traditionally believed that the fire was in fact an accident, many local sources say otherwise. This community, which consisted mostly of Chinese immigrants from the Zhongshan district near the Pearl River in Southeast Asia, turned back to the area.

Upcoming Student Events

Thursday, Sept. 27
Ride Share Promotion
11 a.m. - 7 p.m.
DeRosa University Center
Stockton in Crisis: Search for Solutions
7 p.m.
Long Theater

Friday, Sept. 28
Tiger Nights
8 p.m. - midnight
McCaffrey Center
Annual Cardboard Regatta
5 p.m. - 7 p.m.
Pool

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

Sunday, Sept. 30
Health Fair
10 a.m.
Thomas J. Long School of Pharmacy
“Follies” A Musical Review
7:30 p.m.
Verechakhin Alumni House

Monday, Oct. 1
Assertive Communication Workshop
3:30 p.m.
Women’s Resource Center

Tuesday, Oct. 2
Mid-Day Prayer: in the Christian Tradition
12:10 p.m. - 12:40 p.m.
Morris Chappel

Wednesday, Oct. 3
Graduate Women’s Peer Network
noon - 1 p.m.
Women’s Resource Center
Buddhist Meditation
5:30 p.m. - 6:30 p.m.
Morris Chappel
Matt De La Pena “Reading on the Wrong Side of the Tracks”
7 p.m. - 9 p.m.
Grve Covell

Saturday, Oct. 6
Pacific Italian Alliance Dinner and Concert
5:30 p.m.
Knies Lawn, ticketed event

Sunday, Oct. 7
Stockton Steelhead Festival
11 a.m. - 4 p.m.
DeRosa University Center
Friends of Chamber Music - Daedalus Quartet
2:30 p.m.
Faye Spansos Concert Hall

Movies This Week

Thursday, Sept. 27 - 29
The Dark Knight Rises

Alcohol: Watch those hidden calories

Alexandra Caspero
CAMPUS DIETITIAN

Trying to lose weight? Cutting out alcohol consumption may be your smartest bet. In addition to the 7 kilo calories per gram that alcohol contains, most drinks are full of sugary mixers. For instance, a bar serving. One drink contains a whopping 320 calories for an average bar serving.

Alcohol does much more to your fat stores than just add calories. The body treats alcohol as a toxin and metabolizes it much like a fat when it reaches the liver. Increases in liver enzymes can increase insulin resistance and lead to the progression of diabetes. The liver also becomes “fatty”, which alters your metabolism to reduce fat oxidation (breakdown) and promote fat stores. Recent studies have shown that alcohol also decreases testosterone, growth hormone, and muscle catalysis, which will result in a lower resting metabolic rate and higher body fat percent.

The bottom line? If you’re over 21 and consume alcohol, moderation is key. Binge drinking has more of an effect on a ‘fatty’ liver than 1 to 2 drinks per day. If you do plan on drinking heavily in one night, take a step-wise approach. Alternate a drink with a glass of water or other non-alcoholic beverage. Overdoing it causes more than a bad hangover; chronic alcohol consumption can lead to liver cirrhosis, pancreas insufficiency, and dependency.

Gaming up Tiger Nights

Christiana Oatman
OPINION EDITOR

Following tradition, AASup Arts and Entertainment (A&E) is hosting a Tiger Nights on Friday, Sept. 28, from 8 p.m. to midnight. For the first time in recent Tiger Nights history, it will be held in the McCaffrey Center and will feature the newly-restored McCaffrey Center stage. The theme is “Game Night”, and games include Donkey Kong, Skee Ball, DDR Air Hockey, Pac Man, NBA Jam, and NFL Blitz. There will be a raffle with winners announced at 11pm, and food will be provided.

NUTRICAT’S CORNER

Alexandra Caspero
CAMPUS DIETITIAN

Alcohol: Watch those hidden calories

Alcohol does much more to your fat stores than just add calories. The body treats alcohol as a toxin and metabolizes it much like a fat when it reaches the liver. Increases in liver enzymes can increase insulin resistance and lead to the progression of diabetes. The liver also becomes “fatty”, which alters your metabolism to reduce fat oxidation (breakdown) and promote fat stores. Recent studies have shown that alcohol also decreases testosterone, growth hormone, and muscle catalysis, which will result in a lower resting metabolic rate and higher body fat percent. The bottom line? If you’re over 21 and consume alcohol, moderation is key. Binge drinking has more of an effect on a ‘fatty’ liver than 1 to 2 drinks per day. If you do plan on drinking heavily in one night, take a step-wise approach. Alternate a drink with a glass of water or other non-alcoholic beverage. Overdoing it causes more than a bad hangover; chronic alcohol consumption can lead to liver cirrhosis, pancreas insufficiency, and dependency.
The past and all of it’s wonder

was forced to relocate just a mile down the road. On land that was leased to the Chinese from a local named George Locke, the community was rebuilt, and up sprung the City of Locke (originally named Lockport). At the time, California law forbade the selling of farmland to these Asian immigrants who had hoped to create a destination for riverboat passengers, as well as farm train passengers.

About 20 buildings were erected in Locke, all constructed in a very Chinese-traditional style: having the ground level for commercial use, saving the top levels for housing. During its flourishing years, the population of Locke was around 600 yearly residents. However, during growing season and harvest, as many as 1000 additional residents would come in to farm the land and work on the Delta. These seasonal farmers would rent out rooms for daily, weekly, or monthly periods for around $2.50 per month. These workers were a major part of the development of the River Delta, its irrigation systems for the farmland, agriculture in the state of California. Their influence is still very noticeable in many of the towns throughout the entire Delta.

Locke consisted of many establishments such as food markets, a school, restaurants, casinos, a church, a post office, and even an opera house. However, during its prime, Locke was infamously known by the surrounding areas for its brothels. At one time, the Chinese Kuomintang political party even had a local chapter in Locke.

Today, although a majority of the stores are vacant due to unsafe conditions, some businesses are still thriving in the original spaces, just as they did 100 years ago. The main attraction of Locke these days is Al the Wops bar and restaurant, which has been open since 1915. The story goes that in 1934, Al Adami came up the river from Ryde, bought the place, and became the first, non-Chinese business in town. Anita, one of the museum volunteers, stated that, “Adami was known for his unusual antics, which have left many stories still lingering long past his passing in 1961.”

The town was also designated as a National Historic Landmark in 1990.

The Locke visitor guide states that, “Locke is said to look nearly just as it did at the turn of the century and has withstood the threats of many obstacles, though most if it’s original residents descendents had abandoned the area. Today, although a majority of the stores are vacant due to unsafe conditions, some businesses are still thriving in the original spaces, just as they did 100 years ago. The main attraction of Locke these days is Al the Wops bar and restaurant. Since 1915, the story goes that Al Adami came up the river from Ryde, bought the place, and became the first non-Chinese business in town. Anita, one of the museum volunteers, stated that, “Adami was known for his unusual antics, which have left many stories still lingering long past his passing in 1961.”

The town was also designated as a National Historic Landmark in 1990. Walking through Locke, you will see that nearly nothing has changed when compared to the aged photos in the Museum. I have personally visited Locke twice over the past month and highly recommend checking out this piece of history for yourself. Upon doing so, be sure to stop and check out Walnut Grove Ranch and the boathouse across the street, as it holds as much historical value as Locke does.

Batman takes back Gotham

While it was freaky, without the colorful performance of Heath Ledger as the Joker, it was hard to see Dark Knight Rises as having any chance of being a great sequel. However, it did just that and more with it’s tie back into the original plot of the first of the three movies in this saga.

The midnight premier of this unforgettable summer flick has a tragic incident where one of Pacific’s own, Petra Andresson, was gunned down. Thankfully, she survived the incident, and is recovering well.

The Dark Knight Rises brings us back into the life of our favorite bad-boy entrepreneur (other than Tony Starks of course) during a tragic time in his life. The loss of his childhood best friend has made Bruce Wayne into nothing more than a middle-aged man hobbling around on a cane. His has lost his spark to defend his tarnished Batman reputation, and even worse, his playboy persona!

Alfred, Bruce’s butler and long-time family friend, is attempting to keep the family’s reputation alive while keeping Bruce alive. He wants to save Mr. Wayne from dying and ultimately breaking Alfred’s promise to the family.

The villains that bring Batman out of hiding are Bain, and the emphasis Catwoman (played by Anne Hathaway). Bain is obviously the worse villain of the two, seeing as he runs around killing civilians, recruiting the young foster boys of Gotham City, and robbing banks. However, Anne Hathaway holds her own as Catwoman, stealing from Bruce Wayne’s house during her first appearance on screen without him being able to retaliate.

Batman must overcome the loss of his previous strength, the less than supportive view of his city’s police force, and the sociological problems that always present themselves for any of our favorite heroes. The Dark Knight Rises will be playing tonight through Saturday night in Janet Leigh Theatre at 8 p.m.
Food, fun and philanthropy

Kelly Asmus
LIFESTYLES EDITOR

Are you interested in helping the community and having fun while doing it? Well, Pacific’s Pi Kappa Alpha (PIKE) chapter will be hosting the Fireman’s Challenge next week. There are four days of events in cooperation with the Stockton Fire Department to help benefit the Shriners Hospitals for Children in Northern California. On PIKE’s event website, it mentions that “The Shriners hospital for Children is dedicated to providing the highest quality care to children with neuromusculoskeletal conditions, burn injuries, and other special healthcare needs with a compassionate, family-centered, and collaborative care environment.”

The first event, on Oct. 1, is the Fireman’s Relay at 5 p.m. on the DeRosa University Center West Lawn. There, students will be able to compete in an obstacle course created by the Stockton Fire Department. Other events will include: relay race, GSP search and rescue, and tug o’ war.

The second event, on Oct. 2, is the Fireman’s Feed Barbeque at 6 p.m. on the DeRosa University Center West Lawn. The event is open to all, so come out and see all the different foods. It is only five dollars a person. There will also be a dessert competition and a speaker from Shriners Hospitals for Children.

The third event, on Oct. 3, is the Fireman’s Fair at 5 p.m. on the Wendall Phillips Center Lawn. Students will be able to compete in head-to-head water challenges like a safety slide, bucket brigade, hose push, and target toss. These challenges are designed to test your abilities compared to those of our local firefighters.

The fourth event, on Oct. 4, is the Fireman’s Ball starting at 8 p.m. in Raymond Great Hall. There will be closing remarks concerning the Fireman’s Challenge as a whole and a dance floor to top it off. DJ Joe Q and DJ Marcelus will be providing the music, and admission for this event is free; just remember to bring your student ID. Fire hats will also be distributed on a first-come-first-serve basis, so don’t be late!

The Fireman’s Challenge has an entry fee of $150 a team with an optional T-shirt and sunglasses package for $20. If you are still interested in participating, entry fees and T-shirt combo orders are due by Friday the 28.

The Fireman’s Challenge packet can be found online. The packet asks for the following information; your organization’s name and contact info, your PIKE Fire Captain(s), signature understanding the rules and regulations, and an informed consent form.

For more information, you can go online to http://firemanschallenge2012.weebly.com/ as well as their Facebook page, Fireman’s Challenge 2012. You can also contact Paul Dugoni, PIKE’s Philanthropy Chair.

They’re on a boat?

Kelly Asmus
LIFESTYLES EDITOR

It is time again for the Annual Cardboard Regatta. Come out and help support the first-year Engineering and Computer Science students with this graded event. The event will be taking place on Friday the 28 from 5 p.m. to 7 p.m. at Chris Kjeldsen Pool (located near the Alex G. Spanos Center).

Students are required to work as a team and create boats only using cardboard and duct tape. Their boats must be able to float and carry two passengers across Pacific’s Olympic-sized pool and back.

The Cardboard Regatta is a fast-paced and exciting event - a must-see. Videos from last year’s Regatta can be found on Youtube; for example, Boat Regatta pt.10 posted by TmJEs, shows students jumping into their cardboard boats and many students and faculty cheering them on from the stands.

For more information, contact Lisa Johnston the Administrative Assistant for the School of Engineering and Computer Science at 209 946-2153.

2012 Journalism Conference Speakers

Jennifer Torres Siders is a Contributing Writer for LIFESTYLES Magazine and the Community Relations Manager here at Pacific.

Kevin Parrish has been working in journalism for over 35 years. He was the Assistant Manager for The Stockton Record but, has returned to writing full time.

Randall Gee graduated from University of the Pacific in 2009 and is currently one of Pacific’s official photographers.

Ian Hill, a graduate of the E.W. Scripps School of Journalism at Ohio University, and is the current engagement producer for KQED News in San Francisco.

Photos courtesy of Natalie B. Compton
Women's soccer wins weekend matches

Ruben Dominguez
SPORTS EDITOR

In its final action before conference play, the Pacific women's soccer team scored two tough, impressive wins over the weekend.

The wild weekend began on Thursday at Saint Mary's. In a game that featured a first-half red card, two overtimes, and a hat trick, the Tigers somehow came away with a dramatic 3-2 win.

After the two teams traded off shots in the early minutes, Saint Mary's defender Casidee Lynch took down Pacific's Kortney Adgeppa '13 with an aggressive challenge in the eleventh minute. Lynch was issued a red card, meaning the Tigers would have a one-person advantage for the rest of the game.

That advantage seemed to be a mute point just fifteen minutes later when the Gales got on the board. A give-and-go in the twenty-sixth minute led to a shot in the Pacific box and a 1-0 Saint Mary's lead.

The Tigers would respond. Mirella Mattos '15 found Maricela Padilla '14 at the top of the box. Padilla fired a shot that went just past the keeper to tie the score in the thirty-sixth minute. Five minutes later, Padilla would have her pass deflected off a Saint Mary's defender and into the goal, giving Pacific a 2-1 lead going into halftime.

With the second overtime period winding down, the game seemed destined to end in a tie. However, in the one-hundred-and-nineth minute, a save by Pacific goalkeeper Katherine Larsen '16 led a last-chance attack. The ball eventually found Sasha Moscatello '15, who passed it to Padilla on the right side of Saint Mary's box. Padilla's shot flew across the goal, just passed the outstretched arms of the Saint Mary's keeper, into the left side of the goal. The goal completed the hat trick for Padilla and gave the Tigers a compelling 3-2 win in double overtime.

Little did anyone know that the remarkable finish would be one of two such results for Pacific. Sunday, the Tigers returned home for a matchup with Arizona. Though the game would not make it to overtime, it was decided by another last-minute goal by the Tigers, this time claiming a 2-1 win.

After a scoreless first half, Zarete Munoz-Aguilar '16 found Moscatello in the penalty area, the Gales ripped a shot into the upper right corner of the goal to give Pacific a 1-0 advantage. Holding on to the lead for over half an hour, the Tigers nevertheless conceded the tying goal off a chip shot in the eighty-third minute.

With the game seemingly headed for overtime, Munoz-Aguilar ripped a shot from almost the exact spot Moscatello scored her goal. The ball went in the exact same spot in the right corner, earning Pacific the victory.

It was Pacific's second win over a Pac-12 team on the year, having defeated Oregon 1-0 on Sept. 7. Both Moscatello and Munoz-Aguilar scored their first collegiate goals in the game.

The Tigers will now begin their final season of Big West Conference play this weekend. Pacific will open on Thursday at Cal Poly before heading to UC Santa Barbara to face the Gauchos in a clash on Sunday afternoon.

Water Polo Leaves Aggie Shootout Unbeaten

Ruben Dominguez
SPORTS EDITOR

The Pacific men's water polo team responded from a 1-3 showing last week at the NorCal Tournament to run roughshod over the competition at the Aggie Shootout at UC Davis over the weekend.

The Tigers began against Redlands in the first of two Saturday games. Balazs Erdelti '14 picked up right where he left off from his six-goal performance two games ago. Erdelti converted a penalty shot in the early going before Alex Obert '15 added another to make it 2-0 after the first period.

The second period turned out to be not a contest. The Tigers absolutely dominated the Bulldogs, scoring five goals to Redlands' zero, resulting in a commanding 7-0 lead at halftime.

From there, it was purely academic. A 3-1 advantage in the third period was all Pacific needed, finishing the Bulldogs off for a 12-4 win.

Erdelti led all scorers with four, while Obert earned a hat trick. Tyler Ormsby '14 recorded his first multi-goal game of the season with two goals (his first in collegiate play) in the game.

The second half of the day was a pure goalfest. The Tigers used another first half storm to win decisively over Cal Lutheran 21-10.

The second half of the day was a pure goalfest. The Tigers used another first half storm to win decisively over Cal Lutheran 21-10.

After the dust settled in the second period, the score showed Pacific in the lead 7-4, two goals apiece coming from Casey Fleming '16 and Erdelti. The Tigers did not slow down in the second period, as Erdelti scored a hat trick in the period to give Pacific a 13-5 lead at halftime.

Though Cal Lutheran showed reserve by playing the Tigers almost even for the rest of the contest, the game had already been decided.

A remarkable six Tigers - Erdelti (5 goals), Andres Oneto '14 (3), Fleming (2), Jacob Himmel '16 (2), John Koning '16 (2), and Aleksandar Petrovic '16 (2) - scored multiple goals, with five other Tigers finding the back of the net in the game.

WATER POLO
CONTINUED ON PAGE 11

Athletic Media Relations

Padilla (above, right) scored the game-winner (her third of the match) against St. Mary's in double overtime Thursday night.
Pacific looks even more impressive in day two of the competition. Another incredible performance by Erdelyi led the Tigers in a 13-7 rout over Claremont.

Their opponents proved to be just too easy for the Tigers, who scored four goals in the first four minutes of competition. The Tigers limited Claremont to just one goal in each of the first three periods.

Erdelyi recorded six goals in the match, equaling his single-game season-best, which he set last weekend in a defeat to No. 6 UC Irvine.

The Tigers would score their most decisive victory on the weekend in the final game. Pacific scored 12 goals in the first half to dominate La Verne 18-6.

**CROSS COUNTRY:** Pacific’s cross country team saw several of its runners achieve personal bests on Saturday at the Sonoma State Invite. Leading all Tiger times was Lindsay Wourms ’16, who finished ninth overall with a time of 22:56. This was 25 seconds better than her previous time, set last week. Fellow freshman Becky Grabow ’16 tied her personal best of 23:22. The biggest jump was made by Grace McManus ’16 (pictured), whose time of 24:02 improved her personal record by 41 seconds. In addition, Cassi Rush ’14, Micaela Todd ’15, Dale Dong ’16, Ashley Keeline ’16, and Taylor Pablo ’16 each recorded season-best times.

**FIELD HOCKEY:** The Tigers opened up their NorPac Conference schedule on Sunday at home against UC Davis. For the second consecutive game, Pacific was defeated in overtime, this time by the score of 4-3. The loss dropped Pacific’s overall record to 3-6 on the season. The Tigers were paced by Melissa Maultsby ’14 (pictured), who finished the contest with an efficient two goals on just three shots. Maggie Grindatti ’14 also found the back of the net, scoring Pacific’s first goal of the game. Goalkeeper Ashlee Schlesier ’13 recorded twelve saves in her first game action of the season.

**WOMEN’S VOLLEYBALL:** Pacific got off to a rough start in Big West play, falling at UC Davis in four sets (22-25, 25-14, 19-25, 20-25) in the conference schedule opener. Kat Schulz ’16 (pictured) had a stellar showing, leading the Tigers with 15 kills (tied with Megan Birch ’14 for the team-high) while earning two service aces on the match. Jennifer Sanders ’14 recorded four of the team’s six blocks, as well as 12 kills on .477 hitting. In the second set, the Tigers’ only set victory of the match, Pacific used a 10-1 run, including three service aces, to blow by the Aggies, who were held to a .000 hitting percentage in the set.

**TENNIS:** Both the men’s and women’s tennis teams will make their fall debuts this weekend. The men’s team will head out to Napa Valley to take part in the ITA All-American Championships, which take place Thursday through Sunday. The women’s team will begin the season in Berkeley, Calif. at the Cal Nike Invitational, which starts Friday.

---

**Pacific goes 4-0 on weekend**

Pacific let fly right at the start of the match, with Erdelyi scoring three goals in the first period. After building a 12-3 lead going into the second half, the Tigers controlled the rest of the game, seeing Daniel Kemether ’16 notch his first multi-goal game of the year.

In four games at the Aggie Shootout, Erdelyi recorded twenty goals, an average of five per game. Erdelyi now leads Pacific in scoring on the year with an astounding 31 goals.

Pacific will head south next to take part in the SoCal Tournament at UC Santa Barbara. The Tigers’ first match will be against No. 9 Long Beach State Saturday. Depending upon the results of the opening matches, Pacific will then play either No. 19 St. Francis or No. 1 USC.

---

**Moscatello named Big West Player of the Week**

Athletic Media Relations

Sophomore Sasha Moscatello earned Big West Conference Player of the Week honors after three points in last week’s matches.

In just her second match of the year, Sasha set up Maricela Padilla for the game-winning goal in double overtime as the Tigers defeated Saint Mary’s 3-2 in the final minute on Thursday, Sept. 20. She then gave Pacific a 1-0 lead in the Tigers’ 2-1 win over Arizona on Sunday, Sept. 23. Her shot from 25 yards out found the top right corner of the goal in the early part of the second half.

Moscatello played just nine minutes in her first game as a Tiger in 2010, but missed the remainder of 2010 and all of 2011 after three ACL surgeries. She saw her first action of 2012 in Pacific’s match at Colorado College on Friday, Sept. 14, playing 17 minutes.

The Tigers are next in action with their first Big West match of the year at Cal Poly on Friday, Sept. 28.
UNIVERSITY LOFTS

Sign a 9 or 12 month lease and receive an iPad 2 at Move-In!

GO ONLINE FOR MORE INFO TO BOOK A TOUR TODAY!

universitylofts.org | reservations@universitylofts.org

209-323-3056 | 110 W. Fremont Street, Stockton, CA