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University of the Pacific

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Matt De La Peña: On literature and literacy

Devanira Monreal
STAFF WRITER

This year, Pacific's celebrations for Latino Heritage Month, a period starting on Sept. 15 and ending on Oct. 15, continued to promote awareness by welcoming back one of our own, Matt de la Peña '96 as a keynote speaker for a lecture on Oct. 16. Refreshments and appetizers were made available in the Tiger Lounge before the event, and it was an opportunity for a lecture on Oct. 3, 2012. The lecture took place in Grace Covell Hall at 7 p.m.

As his anecdote continued, Peña received the mic and soon won the sympathy of his audience after sharing an anecdote of the life-scarring event he endured when not a single person made an appearance for his first ever scheduled lecture; he was thrilled to learn Pacific's audience did not disappoint. Upon thanking everyone for the turn out, Peña also expressed his gratitude towards the Pacific community that was involved in the book donations.

Possible the donation of over 1000 copies of Peña's young adult novel, Mexican-White Boy, to every student in freshman English classes at Franklin and Edison High Schools in Stockton.

Professor Camille Norton of the English Department, who taught Peña during his undergrad years at Pacific, introduced him to the mic after complimenting Peña on his various achievements, including his development and growth into an accomplished author of four young adult novels and his first picture book. For the past two years Herrin has served as the liaison between College of the Pacific and the School of International Studies. As liaison, Herrin grew to know the students and faculty of both, and as director he will continue to serve the School of International Studies interests as it combines with the College of the Pacific. Provost Maria Pallavicini in her email sent to the student body on Monday expressed that Herrin has "insider" knowledge of the School of International Studies. Herrin will begin his new role in January of next year.
Steelhead Festival educates and entertains

STEELHEAD FESTIVAL
CONTINUED FROM PAGE 1

We have so much more to lose by not taking advantage of the resources out there and letting our voice be heard,” Halima said. “Every decision impacts us in every way, shape, and form. No matter the gender, race, or class, we all need to understand what is being brought to the table and how that impacts us. I am not willing to give my voice up. Instead, I want people to know that they have a voice that rings just as loud as the next person, so they should use it and use it wisely! Don’t go to the polls blindly casting a vote and being tricked by the wordage and language of the material. Instead, go into the polls feeling empowered and educated.”

Desserts and Democracy

Christiana Oatman
OPINION EDITOR

Three students—Halima Lucas, Justine Tang and Caitlin Trepp—attended the Intergenerational Tea last weekend and were inspired. They were so inspired, in fact, that they began to organize an event of their own.

Desserts and Democracy will occur on Oct. 16 in the Regent’s Room starting at 8:30 pm. The American Association of University Women (AAUW) Stockton chapter will co-host the non-partisan event along with Halima, Justine, and Caitlin. The event includes desserts and will focus on the eleven propositions on the California ballot. Each proposition will be clearly explained so that students and other potential voters have a better understanding of what is on the ballot before election day.

“People need to know what they are voting for because we have so much more to lose by not taking advantage of the resources out there and letting our voice be heard,” Halima said. “Every decision impacts us in every way, shape, and form. No matter the gender, race, or class, we all need to understand what is being brought to the table and how that impacts us. I am not willing to give my voice up. Instead, I want people to know that they have a voice that rings just as loud as the next person, so they should use it and use it wisely! Don’t go to the polls blindly casting a vote and being tricked by the wordage and language of the material. Instead, go into the polls feeling empowered and educated.”

University Day:
Celebrating leaders in leadership

Karla Cortez
NEWS EDITOR

Last Wednesday, Oct. 3, University of the Pacific hosted a series of events entitled University Day: Celebrating Leaders and Leadership Benefactors of University of the Pacific. Organized by the Office of the President, University Day featured a series of events on the topics of spiritual life at Pacific today, leadership and the future of health care, and recognition of Pacific’s 1851 Society for the university’s most generous and dedicated donors to promote philanthropy at Pacific.

Speakers on the topic of “Methodism, Higher Education and Spiritual Life Today at Pacific” included Joel Lohr, PhD, Pacific’s new Multifaith Chaplain; Lawrence Meredith, PhD, a United Methodist minister and Professor Emeritus of Religious Studies at Pacific; and Rev. Gary Putnam, DM, who served as Pacific’s University Chaplain from 1983–90. Speakers on the topic of “Pacific’s Leadership in the Future of Health Care Delivery” included John Cupples ’65, principal of Cupples Associates Consulting, LLC; Arthur A. Dugoni ’48, Dean Emeritus of the Arthur A. Dugoni School of Dentistry; Melissa Jakubowitz ’81, the Vice President of Speech-Language Pathology Clinical Services of Presence Learning in San Francisco; Rajul Patel ’01, Associate Professor at the Thomas J. Long School of Pharmacy and Health Sciences; and Carlos Sanders ’88, founder of Geriatrica.

“It was a very nice ceremony. There were people there, like the Dugonis and Mrs. Powell, as well as corporation GE, who were individuals who have done so much for the university,” commented John Cupples ’65, principal of Cupples Associates Consulting, LLC; Rev. Gary Putnam, DM, who served as Pacific’s University Chaplain from 1983–90. Speakers on the topic of “Pacific’s Leadership in the Future of Health Care Delivery” included John Cupples ’65, principal of Cupples Associates Consulting, LLC; Arthur A. Dugoni ’48, Dean Emeritus of the Arthur A. Dugoni School of Dentistry; Melissa Jakubowitz ’81, the Vice President of Speech-Language Pathology Clinical Services of Presence Learning in San Francisco; Rajul Patel ’01, Associate Professor at the Thomas J. Long School of Pharmacy and Health Sciences; and Carlos Sanders ’88, founder of Geriatrica.

“It was a very nice ceremony. There were some really important people there, like the Dugonis and Mrs. Powell, who, over their lifetimes or through their annual gift, have at least $1 million to give to the university. The reason Powell scholars were able to participate was because they had $1,000,000 plus to give to the university,” stated a Powell scholar who attended the event.
Literacy, education and the preservation of culture

DE LA PEÑA
CONTINUED FROM PAGE 1

of poverty, and believing school smarts were not his forte were some of the contributing factors that Peña believes led him to be a reluctant reader at a very early age. He stated, "...when I was young, I didn't think the world of books and reading was a world that I belonged in...I wasn't alone...nobody ever had a book. So the fact that UOP went into schools and gave some kids their first book that they've ever owned hits home..."

Peña's lecture stressed the importance of literacy and language and how useful knowledge and application of these truly hold a value. He shared how he received The Color Purple from his African American literature professor and explained the profound impact that moment had on his life, a moment of literary awareness he described as "the first time I understood that I had a secret place to feel things..." and a milestone in Peña's personal history with literature.

Some positive impacts that Peña's lecture helped bring about were the awareness and the importance of higher education, the preservation of one's culture through establishing a strong voice, and having the courage to follow your dreams against all odds. His accomplishments truly are a testimony that supports the notion that hard work, commitment and dedication pay off in the end.

"I had such a great experience just listening to him talk about his life struggles as a teenager and seeing him succeed. As a Latino, I'm very proud to see another Latino succeed in life," commented Daniel Sanchez '14 on hearing Peña speak.

Andrew Cruz '13, who also attended the lecture, shared that he enjoyed it because "I feel that his story is relatable to many kids who are the first to go to college. He motivates his listeners and gives you the sense that you can accomplish anything if you work hard for it."

Students, however, weren't the only ones who left the lecture motivated and inspired by Peña. Fellow Tiger and Pacific alumnus Horacio Varamontes '96 says that the lecture inspired him to want to be better.

"After leaving the lecture room, I drove home thinking about how I can help motivate and encourage my students to continue into higher education, to learn Spanish, to enjoy reading and writing, and most important, to preserve our culture," stated Varamontes.

Peña ended his lecture on a high note and the question/answer segment of the evening followed. The author tried his best to respond to the questions raised by the audience, and amongst his replies, he indulged the curiosity of the audience, gave advice, and made book recommendations. A few of those that were brave enough to pose questions were rewarded with one of Peña's different novels. Peña's last move of the night included a book signing in which the author continued to welcome his fans with a meet and greet.

In the end, Peña's presence on Pacific's campus proved to be not only pedagogic, but hopeful and prosperous as well. Diana Lujano '13 shared her impression of Peña: "To be honest, when I went to the event, I was kind of expecting it to be kind of dull, but I was surprised me. Apart from being very funny, he was very intriguing. He also hit home with some of the topics he talked about, and in the end, I felt like I could relate to his story. I'm interested in reading what he has in store for the future."

To learn more about Peña and the different themes he writes about, including the treatment of what it means to be bi-racial and growing up as Mexican-American in the 21st century, self-discovery and overcoming obstacles, the American dream, and promoting hope, you can follow him on his website: www.matt delaPeña.com. The website offers a biography on Peña, times, dates, and locations for his upcoming events (including lectures and book signings), information on his published novels, pages dedicated to a blog and news content, and lastly, his contact information if you are interested in booking him for an event.

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

Weekly Report
Sept. 30 - Oct. 6

Accident
Chemistry Lab, Oct. 2
A staff member reported hitting a pillar with a golf cart. An officer responded and initiated a report.

Vandalism
Department of Public Safety, Oct. 6
An officer responded to a report of an electrical outlet containing super glue. The victim reported that she plugged in her laptop to an outlet that had super glue inside. The officer located the responsible party (who admitted to the crime) and initiated a report.

Aided Stockton PD
Alpine Ave, Oct. 6
The Stockton Police Department aired a description of a possible burglary suspects last seen on bikes headed toward campus. Officers located the suspects, who were then turned over to SPD.

Off Campus Robbery
Grange and Euclid, Oct 6
At approximately 3:30 a.m., officers responded to the above location. Two students were walking home when a white sedan pulled up next to them and stopped. Two suspects got out of the vehicle, one armed with a handgun and the other with a long gun. Two other suspects remained in the vehicle. The suspects approached the victims and demanded their money. The victims emptied their pockets and dropped their property on the ground. One of the suspects hit one of the victims with the gun, causing a cut on the left side of his head. The suspects gathered their property and entered the vehicle. They were last seen going westbound on Euclid Ave. The injured victim was transported to Dameron hospital, where he was treated and released. Officers believe this may be related to an earlier robbery occurring along the Miracle Mile.

For more information or to access the full weekly report please visit:
University life with no s’Pacific purpose

Jamie Cox
Staff Writer

I have now lived in Stockton for about six weeks. Previous to coming here, I was working in Times Square and living in Manhattan. Now I will admit, it has been an astronomical change with a bit of culture shock, but I truly already love this place—minus one thing. And that’s the way people talk about it, which I take pretty personally. Now, this is not referring to everyone, but it definitely seems like the majority, and judging from the interviews I had with students and faculty about this topic, I can tell you that I am not the only one that feels this way.

To me, Pacific is like a friend who helps out everyone in need, but being the people in need. The problem is that when that friend needs a little support, where is everyone to help them out? It’s like spreading rumors about someone, and instead of stepping in and correcting them, people just fuel the fire and keep spreading it. With this, problems only worsen, and unless people stand up for that friend that is a bit down, things will not get better. Let me explain.

A week ago, I was in line at the DUC when I decided to strike up a conversation with the girl in front of me. I like to create conversation, as I only know a handful of people on this campus. After talking for a minute, I asked her where she was from and what she was studying; she then asked me the same thing. I told her I had just moved from New York City and her reply was simply “Oh my gosh, why?”

After telling her about the Masters International Program that I came to Pacific for, I let her continue talking for about three minutes, degrading the university and Stockton. After interrupting her and chuckling a bit, I asked her, “Are you trying to convince me to hate this place or something?” I told her that I didn’t know what was wrong with some of the students on this campus that seem unhappy here, and even worse, those that have ZERO school spirit or pride. I told her that I was embarrassed for her, and then left her a bit speechless.

That same day, I was sitting on the DUC lawn and overheard another student also talk poorly about the city, the university, how boring it is, and that she was miserable. What makes this even better is that she was preparing to film a PR video for her major that would eventually go all over the Internet. Later, when I was walking to class, I came across a Pacific Ambassador giving a tour to some prospective students and their families who looked bored, uninterested, and by no means pumped about Pacific. In my Pacific gear, I screamed “Go Tigers!” at them to spark some life into their tour. Instead of the ambassador saying something back, all I got was a weird stare.

I walked around that 75-degree-day and saw many people on the DUC lawn and not many people outside or looking like they were really enjoying themselves. Other than the athletes, I don’t think I saw a single person wearing Pacific clothing. I saw many other schools represented, but not ours. It’s like the campus has no heartbeat, and no real identity. Do people really think we have it that bad here? Where is the school spirit and Pacific pride?

Like many others do, I think some of the student body needs a serious reality check. I am sure that some of you may not have chosen Pacific as your first choice for college, and may have not gotten into the school you had at the top of your list, but is this a justifiable reason to be bitter for your whole life while you attend this great institution? I don’t understand why there is such a large disconnect between the majority of the student body and the school. I have a theory that if you are unhappy and not enjoying yourself here, it is totally self-inflicted. Let’s put some things into perspective.

Firstly, we live in California, one of the sunniest states in the country; Pacific is ranked one of the prettiest universities, and coming from someone who has probably been on over 50 different campuses across the country, I would probably give it 100 percent agree with this statistic.

Secondly, everyone here is getting a degree from a top-notch institution. This is also the oldest university in the state of California, and has many great traditions. We have professors that know our names before we even start the class, 18 Division NCAA sports teams, 14 active Greek chapters (with more coming), and tons of student organizations. We also have movies on campus, gyms, recreational sports, and great theatres; the list never ends. You must be ignoring the campus posters if you are bored here. Not too forget, they even serve beer on our campus!

Just off campus, we have over one thousand miles of waterways in Stockton and throughout the Delta. Lodi, which is now the nation’s largest grape producer, is just 15 minutes away. We have the Stockton 99 Speedway (which is the fastest 1/2-mile banked paved NASCAR track), Stockton Ports Minor League Baseball, Stockton Thunder Minor League Hockey, and Miracle Mile. The list literally never ends, just take a look at visitstockton.org, and you will see why people never leave this place.

You will be very surprised. And, as if that’s not enough, we have Lake Tahoe a couple miles away. One of the nation’s top National Parks, Yosemite is about two hours away. One of the nation’s prettiest cities, San Francisco is about two hours away. One of the nation’s prettiest cities, San Francisco is about two hours away.
JOAN OF ARC EVENTS

October 16–20

- Joan of Arc Book Exhibition • Free
  William Knox Hall Memorial Library

Tuesday, October 18

- Noon — Puppet Procession • Free
  Selected scenes from Brecht's The Trial of Joan of Arc at Rouen
  DeRosse University Center Lawn

- Noon — Master class with composer Richard Einhorn • Free
  Roesch Hall

- 8 pm — Film: "The Messenger: The Story of Joan of Arc" • Free
  Janet Leigh Theatre

Friday, October 19

- 2 pm — Open forum with Anonymous 4 • Free
  The quartet Anonymous 4 will discuss their sustained success in the classical music industry
  Faye Spanos Concert Hall

Saturday, October 20

- 8:30 am — 5:00 pm — "Gender and War Student Research Conference" • Free
  A day-long symposium featuring student research on Joan of Arc, gender and war, and parallels that exist in modern conflicts. Keynotes by Robin Blaetz of Mount Holyoke College (3 pm) and poet Brian Turner (3:30 pm)
  Vareschagig Alumni House

- 7:30 pm — Voices of Light: The Passion of Joan of Arc
  Featuring: Anonymous 4
  With the Pacific Symphony Orchestra and combined choruses conducted by Nicholas Wolvogel
  $10 general/$5 seniors/Pacific students free with advance ticket (ASUOP)
  Faye Spanos Concert Hall

Voices of Light:
THE PASSION OF JOAN OF ARC
MUSIC: RICHARD EINHORN
FILM: CARL DREYER
FEATURING: ANONYMOUS 4

Saturday, Oct 20 — 7:30 pm
Faye Spanos Concert Hall
Don’t take your vote for granted

Danielle Procope
STAFF WRITER

The 2012 election is quickly approaching. In California, Oct. 22 is the deadline to register to vote, and I encourage all students who will be 18 by Nov. 6 to do so by that date.

Voting is very important. Many Americans have lost sight of this. In 2008, only 56.8 percent of those who had the ability to vote did so. Midterm elections garner even less participation, and in 2010, 37.8 percent of qualified Americans voted.

Voting is important because the legislation used to govern all of us is created by politicians that are voted into office. In this election, there are major issues that have been debated. They are not superficial arguments, as all politicians reduce politics to being; they are issues of human rights and social justice. Issues such as access to affordable healthcare, women’s rights, the protection of the middle and working classes, and the protection of college students are all up for debate, and different politicians will do different things either in support of these groups or against them. It is our job to research the politicians on our ballot from the local level up to discover which candidates will best support our vision of America.

Today, all 18-year-old American citizens who are not incarcerated can vote. However, it has not always been this way. Originally, at the time that the Constitution was written, only land-owning adult, white men could vote. In 1850, property requirements were eradicated so that all white men could vote.

In 1870, black men gained the right to vote through the 15th Amendment. But in reality, literacy tests, poll taxes, and the threat of violence prevented most black people and other people of color from voting until the Voting Rights Act in 1965. Women gained the right to vote in 1920 through the 19th Amendment, although women of color, like men of color, were unable to utilize this right until decades later. In 1924, Native Americans became United States citizens, which granted them the right to vote. In 1971, the 26th Amendment gave 18-year-olds the right to vote. Before this time, the voting age had been 21 although the drafting age for the Vietnam War was 18. It is plain that most Americans could not vote at the inception of this country. In reality, it has been only a few decades since women and people of color could comfortably vote in this country.

History proves that voting is power. This is why the ability to vote has been suppressed throughout American history for marginalized groups. Voter suppression ensures that politicians who serve the status quo and not all American people remain in office. Even today new measures that require photo I.D., close polls earlier, and make polling places scarcer in certain districts are real things that are happening in an effort to suppress certain groups from voting.

We have a responsibility as youth and college students, to get out and vote. American youth, ages 18 to 29, comprise 24 percent of the eligible American voting populace. There is no excuse not to register. Anyone can register online. Sites such as registertovote.org all to fill out the form and print it, and mail it out.

We also have responsibility to be informed voters. Read your Voter Information Guide for bipartisan information on proposed amendments and political candidates.

The time to do your own research, to not register. Anyone can register online. Sites such as registertovote.org all to fill out the form and print it, and mail it out.

Don’t take your vote for granted. Your vote counts. Find your Tiger pride and help make a difference, as we know everyone has classes and work. We can do our part to make sure the Tigers after us do a little better than we do, but it won’t happen without us. Let society know how great we really have it. We can take off the sheet that has been thrown onto this town that hosts our amazing university and let the light shine again. Pacific Hall, Tigers Prevail.
A “silent revolutionary” visits English 111

Kelly Asmus
LIFESTYLES EDITOR

Last Wednesday, Oct. 3, Matt De La Peña visited not only the Pacific campus as a whole, but visited Professor Sonstroem’s English 111 class. Peña is a Pacific alumnus who’s first book was published in 2005. He now has a total of four published books. He visited the creative writing class to talk about story ideas and how to market your work to the readers.

During Peña’s time at Pacific, The Pacifican asked him to write a piece of poetry for their Poets Corner column, and deciding this would be the perfect opportunity, Peña tried to put as many curse words into his poem as possible. With the aspirations of getting into trouble with school officials, he did achieve what he had hoped for. His biggest goal as a writer then was to be in the reader’s face, to be noticed.

However, as time went on and he continued writing, his style began to change. “I lost my desire to be in the front . . . my best writing is when you don’t even know I’m there,” said Peña. “Let the action tell the story.”

Another piece of advice given to these creative writing students was his ideas concerning chapter size. Peña stated that, “I like short chapters; I bet they (readers) peek ahead to see if they can read another (chapter) real quick.” And of course, he stressed the importance of character development and the idea that it is ok to take people from real life. So much more is present behind a character that only the author would know, but it needs to be there to make them come alive.

Peña also did a little activity with the class where they looked into what they thought about when given two words to describe their lives, which followed suit of a book from the series called Steady Hands from Seattle General. This series helped inspire Peña to be the type of writer and mentor he is today. The exercise produced responses like breaking waves, rusted ladders, and blank notebooks, all commenting on the students’ lives and mainly the challenges they had faced.

Students found it rather interesting that as young adults, people tend to look back at the negative and associate that with their entire life; however, Peña made it clear that some of the best stories can come from those powerful memories. His two words are silent revolutionary, while growing up on the “wrong side of the tracks” and never being able to relate to the academic world and the realm of reading, he wanted to bring grace and dignity to the kids from his home.

With this advice and more, the students of the fall 2012 English 111 class really received an exclusive experience of thoughtful and thoughtprovoking advice from a fellow Pacific Tiger.

Spiderman and Godzilla?

Juliene Sesar
EDITOR-IN-CHIEF

The Amazing Spider-Man takes fans back in time with a little plot twist to the storyline presented in Sam Raimi’s 2002 Spider-Man. Peter Parker (Andrew Garfield) still doesn’t get to have while growing up and finds himself given the information on the father he never even knew. I’m there,” said Peña. “Let the action tell the story.”

Another piece of advice given to these creative writing students was his ideas concerning chapter size. Peña stated that, “I like short chapters; I bet they (readers) peek ahead to see if they can read another (chapter) real quick.” And of course, he stressed the importance of character development and the idea that it is ok to take people from real life. So much more is present behind a character that only the author would know, but it needs to be there to make them come alive.

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Marvel’s Spider-Man finds himself going back to the man that was his dad’s partner before the untimely death of his parents. Dr. Curt Connors is a one-armed scientist looking for the cure to his problem. Parker is looking for more information on the father he didn’t get to have while growing up and finds himself giving the doctor the answer. Not the best plan.

Every superhero plot needs a super villain, and the obvious choice is a giant lizard that goes on a rampage through the city. This gives the character the awesome choice of Godzilla-related puns.

With Emma Stone as the leading lady, there is an interesting dynamic to this movie. Happy National Physical Therapy Month! Physical therapy is the non-surgical, drug free method of treating medical conditions, injuries, and deformities. It focuses on techniques such as strengthening exercises, stretching, walking, and therapeutic modalities. Physical therapists aim to improve the quality of life of their patients by restoring motion to injured body parts or simply to keep aging and being active. For Goodness Sake

Improving life by restoring motion

Bonie Faye Soriano
STAFF WRITER

Happy National Physical Therapy Month! Physical therapy is the non-surgical, drug free method of treating medical conditions, injuries, and deformities. It focuses on techniques such as strengthening exercises, stretching, walking, and therapeutic modalities. Physical therapists aim to improve the quality of life of their patients by restoring motion to injured body parts or simply to keep aging and being active. For Goodness Sake

The starting line at the Muddy Maul and Crawl hosted by the Pacific Veterans Club last Sunday.
This Saturday at 2 p.m., Lip Sync returns to Pacific! Come out and watch different student groups sing and dance for various titles and a chance to win $500 cash. For more information on how to apply, please visit asuop.pacific.edu.

Lip Sync includes various campus organizations competing via song and dance.
Members of University of the Pacific’s 2012-13 Brubeck Institute Jazz Quintet will perform the world premiere of Chris Brubeck’s Adventure with the Stockton Symphony when it begins its Classics season on Thursday, Oct. 11, 2012. Classics I: Brubeck Mini-Festival begins at 8 p.m. at the Atherton Auditorium on the San Joaquin Delta College campus in Stockton and repeats Saturday, Oct. 13, at 6 p.m.

Chris Brubeck will perform his Prague Concerto for bass trombone with the Symphony, accompanied by a few members of the Quintet, and the program will also include a performance of Stravinsky’s Petrushka by the Symphony.

“Though written out in traditional musical notation,” says Brubeck of his Adventure, “the piece contains adventurous elements throughout. The most prominent instruments melodically will be the alto and tenor saxophones, but there will also be the traditional jazz rhythm section of upright bass, piano, and drums.” Paul Bloom, piano; Adam Goldman, bass; Thomas Kelley, alto saxophone; Rane Roatta, tenor saxophone; and Malachi Whitson, drums; “will all be encouraged to embellish, improvise, and stretch out.”

Tickets will be available for purchase online at www.stocktonsymphony.org or by calling the Symphony office at (209) 951-0196. Tickets begin at $22; tickets for children and students with an ID are half price.

Meet the Maestro: Audience members are encouraged to attend a free, pre-concert talk by the Music Director, Peter Jaffe, beginning 45 minutes before the “Brubeck Mini-Festival” concert begins.

Master Class Guest Instructor: Mr. Brubeck will teach a master class as part of the Master Class Series presented jointly by the Stockton Symphony and the University of the Pacific. The class will begin at 5 PM on Friday, Oct. 12, 2012, in the Recital Hall at Pacific. Pianists are encouraged to apply by calling the Symphony office at (209) 951-0196. The public is invited to observe the master class at no charge.

Take 5: Mr. Brubeck and the Brubeck Institute Jazz Quartet will be performing at Take 5 Jazz club at Valley Brewing Company on Friday, Oct. 12 at 7 p.m. For more information, visit www.brubeckinstitute.org.

For further information about the Stockton Symphony, including future performances, guest artists, and how to volunteer, please visit www.stocktonsymphony.org. To purchase tickets on performance Saturdays, please call or visit the Atherton Auditorium box office at 209-954-5110.

NutriCat’s Corner

Health: What are Antioxidants?

Antioxidants seem to be the hottest buzzword these days. Advertisers use it to promote items like dark chocolate, acai juice, sports bars, and a ton of other products. It sounds hip enough, but what does it mean?

Let’s take it back to basic biology. When our body uses oxygen (O2), it produces ‘free-radicals’ which can cause damage to our body. Antioxidants combat these particles and act as ‘free radical scavengers’ to remove them from the body.

Otherwise, this oxidative damage can lead to such problems as heart disease, cancer, diabetes, and other illnesses.

Antioxidants are found in spices, fruits, vegetables, whole grains, fish and shellfish, and yes, dark chocolate. Consuming adequate amounts of these foods can help to reduce free radicals and therefore decrease your risk of chronic disease.

Start simple: try for a piece of fruit or vegetable at every meal. Add dried berries to your oatmeal, peppers to your sandwich, and an apple for a snack.

Want more tips? Check out NutriCat on Facebook!
Water polo plays first night game in pool history

Ruben Dominguez
SPORTS EDITOR

Playing under the newly-minted lights of Kjeldsen Pool Friday night, the Pacific men’s water polo team put on a show for the home crowd. The Tigers easily dispatched No. 17 UC Davis 16-7 in the first ever night game at Kjeldsen Pool in program history.

Pacific dominated from the start, blitzing Davis early and often. Balazs Erdelyi '14 started the scoring 20 seconds into the match, firing a shot past the keeper to put Pacific up 1-0. Alex Obert '15 notched two more afterwards to help build Pacific’s lead to 4-0. Though Davis got on the board late in the period, Erdelyi found the back of the net a second time to put Pacific ahead 5-1 after the first period.

The pace would continue in the second period. Davis responded to Erdelyi’s third goal of the match with a two-goal run, cutting the lead to 6-3. Putting his team on his back, Obert proceeded to score three goals in the span of less than a minute, growing Pacific’s lead to 9-3 and increasing his total to five goals less than halfway through the match. The Tigers added two more goals from Kevin Oliveira '14 and Aleksandar Petrovic '16 to go into halftime on top 11-3.

Erdelyi, Oliveira, and Petrovic each added another goal to begin the third period. The onslaught of goals brought Pacific’s lead to double digits at 14-3. Erdelyi one-upped his teammates by adding another goal in the frame, bringing Pacific’s lead to 15-3 on his fifth goal of the match.

Goalkeeper Alex Malkis made twelve saves on fifteen shots in the three periods and was removed before the start of the fourth period for some earned rest. Though the Aggies managed to score four goals in the final frame, the deficit was much too large to overcome, and Pacific cruised to the victory.

This match was the first of three consecutive home matches. The second of those matches will take place Friday, Oct. 12 at Kjeldsen Pool at 7 p.m.

Pacific men’s tennis takes to the courts

Jamieson Cox
STAFF WRITER

The Tigers took to town at three events to open the 2012 schedule: the Napa Invitational, the ITA All-American Championships, and the UC Davis Invitational.

Six members of the Pacific men’s tennis team competed in an NCAA sanctioned competition for the first time this year while leading into October. Four members headed to Napa while the other two headed to Tulsa, Okla. for All-Americans.

Freshmen Trevor James from San Jose, Calif., and Sem Verbeek from Amsterdam, Netherlands, as well as sophomores Denis Stolyarov from Moscow, Russia and Alex Hamilton from Waikato, New Zealand were amongst some of the country’s best at Napa, competing against players from Auburn University, Fresno State, Oklahoma, Arkansas, and Cal Poly.

Some highlights included Verbeek clinching his first NCAA singles victory against Fresno State’s top sophomore, Sai Kartik from Andhra Pradesh (4-6, 6-3, 6-1) after coming back from a one set deficit to take the win. Also paired with Stolyarov to get their first doubles victory of the season with a score of 8-1 against Brandon Champagne and Trevor Horstmann from the University of Oklahoma. Verbeek and Stolyarov notched another victory on Sunday as well against Reid DeLaubenfels and Sam McNeil from Fresno State with a score of 8-4. Alex Hamilton also earned his first singles victory of the season by knocking out Sam McNeill, another Fresno State Bulldog, with a score of 7-5, 6-2.

At the ITA All-American Championship, freshman Daniel Alameh made his NCAA debut but fell just short in his first match against Danilo Casanova from the University of Hawai‘i. Senior Alex Golding came out on top of a three-set battle against Mississippi’s Stefan Lindmark who was ranked top 40 in the world as a junior. Golding later fell to Jackson Withrow from Texas A&M.

At UC Davis, six Tigers also competed in doubles and singles

MEN’S TENNIS
CONTINUED ON PAGE 11
Taking a spin under the black light

Drew Jones
CONTRIBUTING WRITER

The phrase “sweating like a pig” seemed too cliché until I participated in one of the cycling spin classes here on campus at the Baun Fitness Center (BFC). Each month on a Thursday, the BFC hosts a black light event where they blackout each Tiger X Class for the day. I rounded up a couple friends, and together, we weary attended the black light spin class.

It may seem daunting when first walking in and all you see are a bunch of spin bikes lined up and ready to roll, but the atmosphere is actually quite welcoming. The room is completely blacked out, similar to walking into a night club. There are a bunch of glow sticks and glow bracelets everywhere, even one waiting for you at the bike of your choice! After picking your bike, the instructor helps you set up, making sure it is comfortable for the 45 minute class.

The class really does have that night club feel as it begins with warm-up pedaling to some pump-up music, which the instructor plays throughout the class. The instructor has her bike at the front of the room and starts off the class with an easy pace and gradually builds up the tenacity of the exercise with each change of the pump-up song. By the second song, you’re already raining sweat; this class is no joke!

What’s cool about this particular class is you don’t have to worry about other people checking out your work-out skills because it’s completely dark. Also, the instructor allows you to hang back and just pedal if a specific exercise is giving you grief. After about 40 minutes of a rain storm in the Rubber Room of BFC, the instructor takes you on a cool down ride and leads some muscle stretching to conclude the class. The black light spin class is a really cool way to get some friends together and exercise in a fun and, of course, tiring way. It’s a great cardio workout without too much day-after soreness.

Even though the spin class is pretty tiring, I will definitely be attending future classes. If you’re thinking about getting your sweat on at any one of the cycling classes, be sure to bring a towel and a bottle of water. Also, if you’re interested in BFC’s Blackout events, the next one will be held on Thursday Oct. 25 from 4 p.m. to 10 p.m.

WOMEN’S VOLLEYBALL: Pacific played two Big West competitors over the weekend. Friday, the Tigers easily dismantled UC Irvine in three sets (25-18, 25-15, 25-18). Jillian Howard ’15 finished with 5 blocks. Kat Schulz ’16 tallied 20 digs in victory. It was the first road conference win for Pacific this season. Saturday’s matchup with defending Big West champion Long Beach State was not as successful. The Tigers suffered just their third loss of the season in a 3-0 defeat. However, a bright spot in defeat was Kimmy Whitson ’16 (pictured), who had her best game of the year so far, leading the team in blocks (3) and services aces (2).

CROSS COUNTRY: The Tigers had a rough outing at the UC San Diego Triton Invite on Saturday. Overall, Pacific was paced by Lindsay Worums ’16, who finished with a time of 23:48. Behind her was teammate Becky Grabow ’16, who timed in at 24:27. Due to technical difficulties, the team times could not be calculated at the event.

WOMEN’S SOCCER: Pacific opened the home conference schedule Friday night against UC Davis. Despite goals from Mirella Mattos ’15 and Regina Manner ’16, the Tigers ultimately fell to the Aggies 3-2. Manner’s goal tied the score at 2-2 in the eighty-third minute, but Davis notched the game winner five minutes later off a deflected pass from Pacific.

FIELD HOCKEY: The Tigers managed a strong effort in Sunday’s contest with No. 14 Stanford, holding the Cardinal offense scoreless in the first half. However, Stanford broke through in the second half en route to a 4-1 victory over the Tigers. Pacific’s lone goal came in the sixtieth minute thanks to Jenna Vivian ’13.

BASKETBALL: Pacific will host Midnight Mania 2012 on Friday, Oct. 12. Midnight Mania will be the first time fans can see the Pacific men’s and women’s basketball teams in action in special events. There will be giveaways, contests, as well as a visit from the Golden State Warriors Slam Dunk Team. Midnight Mania begins at 10 p.m. Admission is free.

PACIFIC SPORTS SCHEDULE

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