The Pacifican November 1, 2012

University of the Pacific
Unveiling the latest, greatest Calliope

Ruben Dominguez
SPORTS EDITOR

Calliope, University of the Pacific's three-time APEX "Award for Publishing Excellence" winning literary magazine, unveiled its 2012 edition on Friday, Oct. 26 in the River Room of the DeRosa University Center.

Dozens of students from the English and Visual Arts Departments, as well as respective professors, colleagues, and Pacific personalities, flocked to the River Room to dine and discuss the finer points of the arts while enjoying the work of Pacific's foremost literary composition.

"I think the afternoon went really well," Danielle Procope '14, editor-in-chief of Calliope, stated, "I was really happy with the turnout and really happy with the magazine."

Named after the Greek muse of heroic poetry, Calliope is produced by the Humanities Center through a collaboration of the English and Visual Arts Departments. Calliope features student-made poems, stories, and visual art pieces in an outlet where students can get their art published. Almost all of the pieces featured in the magazine are student submissions, and more and more submissions are received every year.

What started out over a century ago as The Phoros (1893-1912) and The Hieroglyp (1931-33) has become something much more. Under the guidance of professors Courtney Lehmann (English) and Brett DeBoer (Visual Arts), Calliope has evolved into a nationally-recognized and respected magazine commanding literary and visual

Vote to save Stockton

Naveed Ahmed
CONTRIBUTING WRITER

There are many concerns being raised about Stockton, Calif., a small city that once was full of successful businesses and opportunities. In the last four years, Stockton, Calif., has been devastated by high crime, unemployment, foreclosures, and has been called a war zone for criminals.

According to Forbes magazine, "Stockton was the first city to be crowned 'Most Miserable' twice by Forbes, as it first topped the list in 2009. Stockton received a new albatross when it became the largest city to file for bankruptcy in U.S. history."

Local city leaders are highly concerned with the situation and are trying their very best to turn Stockton around. University of the Pacific student George Ichiro Vieira '15 said, "We need a new mayor in Stockton that will hire more police officers to fight the crime; recently, Stockton has reached a new record of 60 homicides. We are in a state of emergency, and as a person who was born and raised in this city, I am highly concerned because we need to bring back that positive vibe in Stockton; we don't have any places for our youth to hang out any more. We have a lot of opportunity here, but these local politicians are just not getting the job done. We need younger and more talented individuals in office to turn Stockton into a positive place."

In late June of 2012, after failing to reach a deal to restructure more
Celebrating creativity:
2012 Calliope magazine unveiled

praise. “As president,” University of the Pacific President Pamela A. Eibeck revealed at the unveiling, “one of the fun things I get to do is go around and meet our very successful alumni and generous donors. I like to bring them something from the university that captures the intellectual spirit and the intellectual talent of our students. My favorite gift to give to people when I meet them is Calliope.”

Eibeck, who was on hand for the ceremonies, described the magazine as the “artifact of evidence of the talent that [Pacific] has in the humanities.” “[Calliope] represents the caliber of our education and the caliber of our students,” Eibeck continued. “It is a great source of pride for all of us. It reflects the University of the Pacific as we hope to reflect it.”

In addition to the unveiling of the 2012 edition, the afternoon featured the introduction of the first generation of Pacific humanities scholars. The winners of the best submission for both freshmen and overall categories were named, as well as the best visual art pieces from each of the seven mediums.

The unveiling not only brought the newest edition of the award-winning magazine to light, but gave those whose submissions made it into the final version the opportunity to finally see their work published.

For any students wanting to submit their own pieces, submissions for the 2013 edition will be accepted in the spring of 2013. To anyone who may be hesitant or afraid to submit their work, Lehmann says “you have nothing to lose.”

Providing a safe treat for kids

SAFE TRICK OR TREAT (CONTINUED FROM PAGE 1)

Trick or Treat provides a safe haven for children in the area. Instead of going from house to house of unfamiliar people, children are given the chance to dress up and have fun in a safe way by going door to door on Pacific’s picturesque campus. Tours are led by students who know the campus, and parents are free to enjoy themselves and take some candy for themselves.

Pacific students decorated residence halls in fun themes for all the children to enjoy; Grace Covell was Shrek themed, and the School of Education was decorated with a Monster’s Inc. theme with Pacific students dressed as the characters. Everyone was involved, from the residence halls to the library and the multicultural center. Pacific’s Greek houses participated as well: Beta Theta Pi had a Gotham theme complete with Batman and the Joker waiting out front for the trick of treaters. Pacific students had fun passing out candy and helping with face painting.

“I was happy to help out with safe trick or treat this year again. I love seeing all the kids in their costumes; they’re so adorable!” said Diana Lujano ’13. Children were dressed in classic costumes like pirates and Disney princesses, but the most popular costumed this year seemed to be the Avengers, as many little ones dressed as Ironman and Captain America collected candy.

Every child who visited the campus was given a tour that passed by the residence halls and campus buildings decorated for the event. They began on south campus at the clock tower that took them around the whole campus: past admissions, Grace, Sorority and Fraternity Circles, and more. At the end of the tour, a carnival was set up on the De Rosa University Center Lawn, complete with games, face painting and other fun events run by clubs and other student organizations.

The dance group, Rhythm Inc., had a booth where members danced with the kids to “Gangnam Style”, and our Pacific mascot, Powercat, judged a costume contest. Snacks like cotton candy and popcorn were sold, and Pacific’s own E.A.T truck gave out free mac’ n’ cheese to the kids. Children and their parents left the event happy and full of delicious food.

Pacific’s Community Service Committee gathered donated costumes and gave them to children who were unable to afford one. Hundreds of student volunteers came together to lead tours, run games, and pass out candy. Students, faculty and staff took time out of their day to pass out treats to thousands of happy boys and girls as young as 1 year old.

Safe Trick of Treat provides a safe fun environment for members of the Stockton Community and has been held for the past 14 years. In 1999, Pacific started this event with a small Halloween event held in the Quads that was open to the community, but it has grown every year since and has shown no signs of slowing down. “It was a great event, and hopefully they continue doing it!” said Celia Martinez, a member of the Stockton community. With the continued success of this event, members of the Stockton community will be able to attend Safe Trick or Treat for years to come.

Zumba for a cause

Students and guests join Zumba for cancer.

Alyssa Lenart  
STAFF WRITER

On Tuesday, Oct. 30, the ladies of Alpha Phi hosted Working Out For A Cure, a fundraising event in support of Breast Cancer Awareness month. The fundraiser was a high-energy Zumba workout followed by a raffle, which included a free, one-month membership to Perla’s Fitness and Dance Studio. Perla, the owner of the studio led the workout.

“Breast cancer awareness is so important, and we were thrilled to be able to help raise money for breast cancer research,” said Perla.

This was the second annual Breast Cancer awareness fundraiser that Alpha Phi has hosted. “As women, breast cancer awareness is crucial,” said junior Katie Yakel, who helped coordinate the event.

“We wanted to raise money for breast cancer research in a fun and positive way and Zumba workout routine was the perfect way to do just that.” Around fifty Pacific students, including women and men, attended the event.

“I’ve known women who have been affected by breast cancer, so I really wanted to come show my support for them,” said freshman Maggie Castillo. “I really enjoy the Zumba routine, and seemed like a perfect way to raise money for breast cancer research.”

The event raised $150 and helped educate people about breast cancer. All proceeds from the event will be donated to the Breast Cancer Foundation. If you wish to make a donation, please support the search for a cure for breast cancer, please visit www.bcrfcure.org.
Calling all clubs: Come and recruit fresh meat at Preview Day’s activity fair

Karla Cortez
NEWS EDITOR

On Saturday, Nov. 15, Pacific will host its second annual Preview Day. This event will bring hundreds of prospective high school juniors and seniors, as well as transfer students and their families, to the Stockton campus. Preview Day is a recruitment event which allows interested students to come and get a taste of what the University of the Pacific by highlighting the academic and co-curricular activities that Pacific has to offer.

Those activities include, but are not limited to: tours, an opportunity to meet President Elbeek, a performance by Pacific’s Pep Band, opportunities to speak with current students and faculty, as well as information sessions in both English and Spanish about the admission and financial aid application processes.

In addition, the university has made a call to all clubs and student organizations on campus to participate in the Student Activity Fair, which will be taking place from 11:30 a.m. to 1:30 p.m. on the De Rosa Lawn. The university hopes that student organizations will take this opportunity to promote their club while at the same time showcasing the vibrant student life we have here at Pacific to the prospective students and their families.

If you represent or are a member of a student organization on campus and are interested in registering for the Student Activity Fair, please do so by going to this website: https://pacificadmission.wufoo.com/forms/student-organization-registration-form/. You can also email Danielle Bosh at dbosh@pacific.edu.

The race to be mayor of Stockton

STOCKTON MAYOR
CONTINUED FROM PAGE 1

than $700 million of debt with creditors, Stockton’s current mayor, Ann Johnston, and city council members filed for Chapter 9 bankruptcy. Stockton Mayor Ann Johnston said, “We are extremely disappointed that we have been unable to avoid bankruptcy”, but added that the city had to enter bankruptcy “to get our fiscal house in order.”

Days after the bankruptcy, Stockton police officers were nearly cut by 25 percent, and the remaining officers were forced to take deep cuts in pay and benefits. Many police officers have resigned from their positions for better pay and better working environments. With less police officers on the streets, crime is becoming a big issue.

According to Stockton Police on Sept. 18, 2012, a 60-year-old man was fatally shot, apparently for his gold chain, at Victory Park in broad daylight.

Anthony Silva, who is running against Mayor Ann Johnston, said “If I’m elected mayor, I will not accept a salary until I’ve balanced the city budget and restored police presence.” In a short interview, Anthony Silva stated, “I will work hard to attract and recruit new companies and small businesses willing to come to our community and provide good, high paying jobs to our residents. I will implement fair incentives to business owners and guarantee a timely permit process. I firmly believe that more jobs in our city will help reduce our ever increasing crime rate. I will also do everything in my power to have all available grant writers concentrate securing new funds to enhance and strengthen our police department and our gang-prevention programs.”

The Stockton Police Officers Association and the Stockton Firefighters Association endorse Anthony Silva. He wants to hire at least 500 police officers to serve the city and show up to crime scenes instantly.

With crimes still being a continuous issue in Stockton, local community activist and University of the Pacific student, Osagie Omoruyi ’16, said “It really doesn’t matter who the mayor is; I want this city to be safe and positive. First and foremost, we need more cops on the streets; criminals are aware that cops are being cut, so they participate in criminal activities with no hesitation knowing that cops are approximately going to take 20 to 30 minutes to get to the scene. All I want to say is we basically need more cops and need to put more criminals behind bars.”

Mayor Ann Johnston stated, “As your mayor, I will continue to fight crime with every resource available. I will help small business expansion and job creation with reduced fees and streamlined permitting, and I will bring literacy skills to our most challenged children.”

There is still a lot of work to be done in the city, hopefully local city officials are aware of the community members concerns and turn Stockton around. University of the Pacific students and local community members are highly urged to vote in the upcoming November 6th election and hold their local city leaders accountable for their actions.

Warrent Arrest
Towerview Apartments, Oct. 23
Officers responded to a report of two males loading items into a vehicle. The officers made contact, and one of the subjects was arrested on an outstanding felony warrant.

Robbery
President’s Drive, Oct. 23
Officers responded to a report of two transients fighting. During the fight, one of the subjects attempted to pull the other’s tee shirt off but was unsuccessful. The officers responded contacting one, but the second subject fled the area. An officer initiated a report for an attempted strong-arm robbery.

Theft
Pacific Ave, Oct. 25
Officers responded to assist with a combative shoplifting suspect at S-Mart because the Stockton PD was unavailable to assist. The officers arrested, cited and released the suspect.

Auto Burglary
Churchill St, Oct. 25
A victim reported that his trumpet had been stolen from his vehicle while parked off campus with the door open. The officer responded and initiated a report.

Simple Assault
Knoles Hall, Oct. 26
Officers responded to a report of a male and female fighting in the area. The female was transported to a local hospital via ambulance, and the officer also initiated an assault report.

University Regulation
Parking Lot 22, Oct. 27
Some officers conducted a check-out on two subjects. An officer reported that one subject was urinating in public and referred him for judicial review.

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
American exceptionalism dominates both sides of debate

Danielle Procope
STAFF WRITER

The last presidential debate had a focus on foreign policy. This debate illustrated the slim parameters that exist when speaking of foreign policy. More so than domestic issues, there is a very specific narrative that presidential candidates must take when speaking about foreign policy. This narrative is rife with an unquestioning adherence to the concept of American exceptionalism.

Governor Mitt Romney and President Barack Obama in various ways. Romney, for example, accused President Obama of taking an “apology tour” when he went to “various nations in the Middle East” and criticized America. This of course, was said by Romney in order to lower the President’s credibility. However, America is far from infallible and wanting to make peace and admitting mistakes should not be looked as a weakness. The narrow vision that exists for American relations with foreign countries was disappointing.

Both presidential candidates’ enthusiasm over drones posed as the biggest disappointment. President Obama is a known supporter of drones and has already used them approximately four times the amount that President Bush did during his eight-year term. When Romney was asked his opinion, he openly said that he agrees with President Obama on this issue. However, the reality is that U.S. drone strikes have been largely ineffective when it comes to killing actual targets. While drones are not killing its intended victims, they are maiming and murdering thousands of innocent civilians. A Stanford/ NYU report says that over an eight-year period in Pakistan alone 474 to 881 civilians have been murdered by drones. 176 of those innocent civilians have been children. With statistics like this, America should be looking for alternative ways to find targets, not wholeheartedly supporting drones as technology that work to “go after the people who represent a threat to this nation,” as Romney said during the debate. President Obama ironically claims to be “on the side of democracy” and yet supports the use of technology that is indiscriminately murdering Pakistanis.

Governor Romney, towards the end of the debate, said perhaps the most egregious statement throughout the entire 90-minute debate. Romney un-ironically said, “Mr. President, America has not dictated to other nations. We have freed other nations from dictators.” Clearly, this is historically inaccurate. American history is complete with many examples of us dictating other nations. Mentioning Indonesia, the Philippines, Taiwan, and South Korea is not close to a complete list of countries where America has actively put dictators in place or has supported dictators who in turn supported American interests. President Obama could not dare disagree with Governor Romney’s completely false statement or else risk major public disapproval. This is not fully the fault of either Romney or Obama, but more generally the American public’s willingness to accept a falsified and glorified image of America.

Americans are in love with the image of American purity and exceptionalism. An adherence to this paradigm prevents honest discussions about foreign policy and many other issues. Instead of honesty, politicians must perverta a certain myth during campaigning that appeases voters. A critical and genuine examination of foreign policy did not occur during the last presidential debate. And because of the nature of American policy, such a thing is only possible beyond the public eye.

Men and Austen:
Don’t try so hard to impress somebody

Patrick Tunnell
STAFF WRITER

Happy November, fellow Pacificans! You know what that means, right? Jane Austen Night is right around the corner! Mark it on your calendars: Wednesday, Nov. 28. Spread the word to friends, and come out to support a great author and see some great projects come to life. Don’t worry—if you forget this week, I’ll be sure to remind you again with my next couple articles!

Marketing tactics aside, I’m back for another installment of Men and Austen. This week, I’ll be examining a couple of the male characters in the novel, Emma. As usual, I’ll keep it short and to the point, and give you my little piece of advice that stems from each character’s actions and the ensuing consequences.

Patrick Tunnell
out, he thinks he can soothe things over with a simple apology. While this works to an extent, people will never be able to get past their first impressions of him, and his word can never be taken at true value. Here's the lesson: humor can only get you so far. Sometimes, you have to be serious and honest if you really want people to like and respect you as a person.

Mr. Knightley perfectly exemplifies this lesson. Emma is described as extremely beautiful, but Mr. Knightley acts no differently towards her than anyone else. He doesn't mess around with superficial flattery and flirtations; he is who he is, and he isn't willing to let Emma slide with rude behavior just because of her looks and social standing.

When Emma is unkind to Ms. Bates, Mr. Knightley calls her on it and brings her to tears. However, this honesty and class on the part of Mr. Knightley is what ultimately won the affection of Emma. She realizes that he is truly a good person and is the person she wants to be with. So here's the lesson from Mr. Knightley: don't try so hard to impress somebody. If you stay true to who you are and stick with your morals, that's what matters and when you find someone that admires that, you're golden!

That does it for Emma. Come back next week for my breakdown of Austen's most well-known novel, *Pride and Prejudice* and the notorious heartthrob, Mr. Darcy (or so I've heard from the 20 plus girls in class). And of course, I'll give you another reminder to come out to Jane Austen Night on Wednesday, Nov. 28!

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**The Pacifican**

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The Pacifican strives to give everyone in our community the opportunity to write and be published in our newspaper every week. We commit our time as a staff, as well as individuals, to helping anyone that comes to us wanting to learn how to write for a newspaper.

Once you learn the basics, writing an article will become natural and fluid:

1. **Imagine your article as an upside down pyramid.** This is a technique that commonly comes up in newspaper writing. The top of the upside down period should be the most important information: We started this article indicating that we would help anyone that wants to learn to write because if you chose not to finish reading this article, you would still know what this article is meant to discuss. This first sentences in an article is referred to as the "hook". The information in the middle should be facts and quotes that backup the original hook. The article should then end with fluff information, in other words, the information that the writer finds interesting about the story, but can be cut if need be.

2. **The Pacifican follows the Associated Press Style Book** as a guideline to how we format our paper. This can be simply found in an article is referred to as the "hook". The information in the middle should be facts and quotes that backup the original hook. The article should then end with fluff information, in other words, the information that the writer finds interesting about the story, but can be cut if need be.

3. **The best way to know that your article covers all the aspects of a story is to always attempt to have three sources.** A source can be a website, another publication, and any person involved or indirectly involved in the story. For instance, when one of our writers cover the School of International Studies (SIS) merge with College of the Pacific (COP) she used President Eibeck, two SIS students, a COP student, and a professor as sources. She had five sources, making her article well-rounded.

Of course, these rules can vary slightly depending on the type of article you are writing, like how right now, this article is in our opinion section and is based on two sources rather than three: our own knowledge of writing and AP Style.

We encourage you to begin your professional writing career now, and get published in *The Pacifican*, especially if you are planning to have any type of future in communication and writing. Starting a portfolio during college enhances your chances of receiving a job after graduation. For more information about writing for us, or writing in general, email us at pacificaneditors@pacific.edu.

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**How to write for The Pacifican!**

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**The Pacifican**

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**Upcoming Student Events**

**Thursday, Nov. 1**  
Employee Benefits and Wellness Fair  
11 a.m.  
DeRosa University Center

**Friday, Nov. 2**  
Eating Healthy on a Budget  
noon - 1 p.m.  
Physical Plant meeting room  
The Politics of AIDS in the 21st Century with Paul Kawata  
11:30 a.m.  
Verechajin Alumni House

**Saturday, Nov. 3**  
Stravinsky’s “L'histoire du soldat”  
7:30 p.m.  
Faye Spanos Concert Hall

**Monday, Nov. 5**  
Assertive Communication Workshop  
3:30 p.m. - 5 p.m.  
Women’s Resource Center  
Pope John XXIII Lecture: Catholic Scholar Mary Reichardt  
7 p.m.  
Regents Dinning Room

**Tuesday, Nov. 6**  
Pacific Election Day Health Fair  
noon  
DeRosa University Center  
How Bori Appetit decides what food to serve  
3:30 p.m.  
Regents Dinning Room  
Election Night Coverage  
4:30 p.m.  
DeRosa University Center, The Lair

**Wednesday, Nov. 7**  
2012 Etiquette Diner  
5 p.m.  
Grace Covell Dinning Hall

**Friday, Nov. 9**  
Julie Caesar by William Shakespeare  
7 p.m.  
Long Theater

**Saturday, Nov. 10**  
Afghanistan Charity Baquet  
5:30 p.m.  
Grace Covell  
Diwali: Festival of Lights  
8 p.m.  
DeRosa University Center Ballroom  
University Symphony Orchestra  
8 p.m.  
Faye Spanos Concert Hall

**Movies This Week**

**Thursday - Sunday, Nov. 1-4**  
The Dark Knight Rises

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**LIFESTYLES**

**Enjoying the pumpkin season right**

**Natalie B. Compton**  
SOCIAL MEDIA COORDINATOR

With the weather finally cooling down, students can truly enjoy the flavors of fall. One of the most celebrated tastes of this time of year is that of the pumpkin. But why do we flock to this plump, orange vegetable every autumn? Is it even healthy?

It’s no secret that our culture goes crazy for pumpkin throughout the holiday season. Is there anything more delicious than a pumpkin spiced latte? Maybe not, considering Starbucks is now looking to turn the popular drink into an ice cream. But I’m not alone in this orange love affair.

“I didn’t used to [like pumpkin flavored food] when I was younger, but now I love it,” said Pacific senior Courtney Durler. “I had a pumpkin flavored Hershey’s kiss the other day that blew my mind.”

Even for those who aren’t necessarily pumpkin crazed, the allure is still there. “I only like pumpkin pie, that’s it,” said Pacific senior Noel Youhannes.

With pumpkin motifs on every corner, I wanted to know how we arrived at today’s pumpkin obsession. I turned to food expert and Pacific history professor, Dr. Ken Albala. He teaches a number of brain nourishing courses, including History 61, A Global History of Food.

He gave me an insight of the pumpkin’s past. It turns out that the pumpkin has been here long before we started carving and cooking it.

“Well, the Cucurbita genus, which includes pumpkins, really are American, the oldest remains of which date back 7000 years in Mexico,” Albala said.

The pumpkin may have started here, but it’s popularity as a food may be waning. Most of our pumpkin production isn’t for eating.

“Many of those grown today are purely ornamental, grown for size and color and light weight, but the tastiest are usually smaller, heavier and have more dense flesh with much higher sugar con-
Holiday eats: How healthy can pumpkins really be?

PUMPKINS
CONTINUED FROM PAGE 6

world they definitely breed them for flavor," Albala said. "I think it's a shame that we don't think of them more often in cooking." Despite the decline of the pumpkin's production for cooking, Americans still seem to be crazy for its flavor. In every restaurant and coffee house, pumpkin spiced items are on display. But are these foods healthy? I did a quick Google search and found that the are. Jeanie Larche Davis of WebMD weighs in on the pumpkins nutritional punch in her article "Pumpkin Recipes Packed With Nutrition."

"Pumpkins are loaded with vitamin A and fiber and low in calories," she said.

Despite the decline of the pumpkin's production for cooking, Americans still seem to be crazy for its flavor. In every restaurant and coffee house, pumpkin spiced items are on display. But are these foods healthy? I did a quick Google search and found that they are. Jeanie Larche Davis of WebMD weighs in on the pumpkins nutritional punch in her article "Pumpkin Recipes Packed With Nutrition."

"Pumpkins are loaded with vitamin A and fiber and low in calories," she said.

Campus dietician Alexandria Caspero has tips on how to get your pumpkin fix the healthy way.

"Look for items that contain mostly pumpkin, not additions like cream, butter and sugar. While pumpkin pie can be the healthiest of thanksgiving pie options- it's no health food," Caspero said.

"Pick up a can of pumpkin on your way home to enjoy the sweet side of pumpkin at home. "Try adding pumpkin to your morning smoothie (tastes great with vanilla almond milk and a frozen banana), to your oatmeal, pancake batter, or other baked goods," she said.

Like pumpkin, but don't like all the sweets? "If you want to go the savory route, try mixing some pumpkin into your favorite hummus for an easy fall treat," Caspero said. "You can also add canned, purled pumpkin to spaghetti sauces and soups. Heading to a Thai restaurant this fall? Try the seasonal favorite: pumpkin curry."

This holiday season, I feel that it is my patriotic duty to consume as much pumpkin as possible. Whether to celebrate its American routes or to load up on vitamin A, enjoy some pumpkin today.

Come ROAR this November

Kelly Asmus LIFESTYLES EDITOR

This holiday season, Pacific hopes to collect over 1,000 books to help with the first Holiday ROAR, a month-long children's book drive, capped off by a fun holiday party for faculty, students, staff, and their families. Starting now, donate new or gently used children's books to the book drop in the lobby of the DeRosa University Center.

The book donations will benefit Reach Out and Read (ROAR), a San Joaquin based non-profit that works with pediatricians to give out books to underprivileged children at their check-ups. For a list of titles suggested for donation, go online at http://go.pacific.edu/HolidayROAR. There is also a high demand for books in Spanish at this time.

Can you help?

Tya Allred CONTRIBUTING WRITER

How lucky we are to be able to feed ourselves, let alone be students at one of the top universities in the nation! However, much of Stockton is not quite as lucky... Join ranks with Omega Delta Phi and the Sociological Society (SS) in our mass, on-campus canned food drive!

Allow us to introduce ourselves: Omega Delta Phi Fraternity is a small, tight-knit brotherhood dedicated to addressing the needs and concerns of surrounding communities. SS is a group of students who aim to promote sociological thought, discussion, and activism in the community. Together, our goal is to channel our education into action by sponsoring events that foster community involvement.

We encourage ALL socially responsible individuals to partake in making a positive impact for needy families at the Stockton Food Shelter. Donation boxes are located in, the Grove, Wendell Philips Center, DeRosa University Center, Monogan, and Raymond Lodge.

Just a few examples of the items we are looking for.
Do's and don’ts of formal dining

Ruben Domínguez
SPORTS EDITOR

An under-appreciated factor in attempting to wow potential employers: your dining etiquette. A potential employer may ask you to be interviewed over lunch. If your table manners are horrid, if your eating habits are repulsive, or if your understanding of the little-known rules of business dining is shameful, your job search may be in jeopardy.

Fortunately, the University of the Pacific has provided a way for students to get educated on the principles of fine dining, as well as a way to network with potential employers. The 2012 Etiquette Dinner is that way.

Scheduled to take place Wednesday, Nov. 7 from 5-8:30 p.m. at Grace Covell Dining Hall, the Etiquette Dinner brings students right into the fire of business dining. The night, which requires business casual attire, will feature a five-course meal.

While enjoying the meal, students will be given a crash course on which piece of silverware to use for what course, how to properly eat, how to position yourself in your chair, and how to carry on proper conversation at the table.

The conversation partners for the evening will be a mixture of Pacific professors and representatives from local and national businesses. Past dinners have featured such businesses as Target and Gallow Wineries. Impress these potential employers and you may not have to worry about finding a job after graduation.

If you are interested in this fun night of learning and networking while eating, tickets are available for purchase.

Tickets for the event are $15 apiece and can be purchased at the Career Resource Center or at https://commerce.cashnet.com/cashneta/selfserve/storehome.aspx.

Wrecking Havoc on the dance floor

Amanda Wynn
STAFF WRITER

ASUOP, in partnership with Kappa Psi, one of Pacific's professional pharmacy fraternities, put on this year's annual Halloween dance. Pacific students dressed up in their favorite costume and headed over the DeRosa University Center to dance the night away. The event was free to any student with Pacific ID. The event also included a DJ who played everyone's favorite tracks as well as dance and provided a very heart-pumping entrance into the dancing area.

"I thought it was really fun," said Emily Groetsema '14. Overall, it was a frightful night of spooky fun.

Volunteer Opportunities

Shelly Zeiser
CONTRIBUTING WRITER

Walton Special Center is a special education center in the Stockton Unified School District. Walton provides special education services to students from birth to 22 years of age with moderate to profound disabilities.

Walton’s new volunteer opportunity includes assisting students with swimming and helping with supervision in the pool. Therefore, volunteers must know how to swim and be comfortable swimming and working with individuals with disabilities. No experience required for this opportunity. Because the Walton Special Center is within walking distance from campus, orientations are offered monthly to teach volunteers exactly what to do, and training is provided on site. Students are asked to commit to volunteering at least once each week on an ongoing basis.

If you are interested in volunteering at Walton Special Center in the swimming pool, contact Matthew Brewer at m_brewer5@u.pacific.edu or call 209-559-3933.

Dietary health: An argument for grains

Alexandra Caspero
CAMPUS DIETITIAN

If you’ve been reading about grains in the last few years, you’ve probably seen lots of arguments against including grains in your diet. Paleo, gluten-free, sugar-buster diets, and others all have claims promising better health by giving up grains.

Should you? Unless you are intolerant to certain grains or gluten, then you probably don’t need to avoid them. Grains contain beneficial nutrients that you need in your diet: B-vitamins, soluble and insoluble fiber, folate, minerals, and more. When you cut out grains, you usually fill up with other foods, especially high-protein foods like meat. You are likely exchanging high-fiber, lower calorie foods for high-carbohydrate foods that contain saturated fat.

If you are trying to cut out grains completely in order to decrease your carbohydrate intake, rethink that premise. Certain cells of your body, like red blood cells and those involved in the nervous system, only run on glucose. Cutting down carbohydrate intake can leave you feeling groggy, tired, and lacking the energy to study and do well in school.

100 grams of Carbohydrates a day are recommended as a minimum value.

Bottom line: if you tolerate them, don’t fall for the hype. Grains aren’t the next dietary evil. Excess food calories, processed fats, sugars, and processed meats are what we still need to be concerned with.
Throughout their history, the Pacific women's basketball team has largely flown under the radar. Overshadowed by their male counterparts and without the past success on the court to provide much reason for popularity, the women's basketball team had been pushed to the back of the pack, enjoying mostly small, few and far-between successes.

Over the past few years, that reality has begun to give way. Two seasons ago, Pacific played host to then-No.1 UConn, who was riding an 89-game winning streak and two consecutive national titles. Though the Tigers would ultimately become the nineteenth and final win on Connecticut's historic streak, they gained great experience, which proved to be useful later on their run to the Big West Conference Tournament semifinals.

Last season, Pacific women's basketball had its most successful year in program history. After a rocky start (which included a shellacking in a rematch with UConn), the Tigers reeled off a 16-12 regular season record, which proved to be a useful later on their run to the Big West Conference Tournament semifinals.

The 2012 Women's National Invitational Tournament, a postseason tournament consisting of the best women's college basketball teams that did not qualify for the NCAA Tournament. This meant that, for the first time in two decades, women's college basketball playoffs would include Pacific.

However, the honor would not come without a tall task. Pacific was matched up with Arizona State of the PAC-12 Conference in the first round. Though faced with a height disadvantage, Pacific rallied around the Spanos Center crowd to score a stunning 77-62 win over the Sun Devils in a game that was not as close as the final score would otherwise indicate. In victory, Pacific scored the first postseason win in program history, giving the program its second win over a school from a major conference in team history. Pacific was the only Big West school—including Santa Barbara—to win a postseason game last year.

Though the Tigers would fall to San Diego (ironically, the team that beat them after their win over Florida) in the next round, it was clear that Pacific would be destined to become much more than another easy win for major conferences. The past reality of losing and irrelevance has given way to a new reality: Pacific is a postseason team and a conference contender. The Tigers are coming to win.

Now, entering the upcoming 2012-13 season, the Tigers look to make even more history. Only one player—Christina Thompson—from last year's historic team was lost to graduation. Pacific returns several key players, including team captain Kendall Rodriguez '13. Rodriguez, who averaged a team-leading 13.0 points per game as a first-team All-Big West selection last season, was named first-team pre-season All-Big West this year. Sitting just 116 points away from becoming the seventeenth member of Pacific's 1,000-point club and ranked thirteenth all-time on Pacific's rebounding list, the La Habra, Calif. native looks to guide her team to the Promised Land.

In addition to Rodriguez, Pacific returns two electric guards in Erica McKenzie '13 and Ashley Wakefield '13. Last season, McKenzie, from Sparks, Nev., was third on the team in scoring with 11.7 points per game and broke the school's all-time three-pointers with 75, good enough to lead the Big West. McKenzie accomplished the feat while leading the Tigers with 3.2 assists per game. Wakefield, who hails from Santa Clarita, Calif., saw her season cut short by injury. However, she returned in time for playoffs and was a key factor in Pacific's win over Arizona State.

In addition to the seniors, two juniors look to continue their growth with the Tigers. Sam Pettiger '14 has been a consistent presence in the Pacific lineup; the Everett, Wash. native played in all 32 games last season while making the Big West All-Academic team. Gena Johnson '14 was much more efficient than in her freshman year. When Wakefield went down with her injury, the Elk Grove, Calif. resident stepped up, scoring a team-high 16 points against the Sun Devils.

Another key factor will be Pacific's presence in the paint. A pleasant surprise last season came in the form of Stockton, Calif. native Kendall Kenyon '15. Kenyon, who graduated from St. Mary's High School, worked her way into the starting five, where she remained for the final 19 games of the season. Grabbing five double-doubles and making the Big West All-Freshmen team, Kenyon looks to make even further strides in her sophomore season.

Guiding Pacific's efforts will be head coach Lynne Roberts, who returns for a seventh season. Roberts—a star player herself for Seattle Pacific University—has been the architect of the program's turnaround. Having been through many challenges in her young coaching career (a Division II Final Four, facing the best team in the country, coming back from last season's virus outbreak), Roberts, tabbed preseason Big West "Coach of the Year" by CollegeSportsMania, is the perfect leader to guide her hungry team.

Pacific was selected to finish second in the Big West in the preseason poll. Accomplishing that feat would mean reaching the Big West Tournament championship game for the first time in program history. The Tigers want more than that; they want the first Big West Conference championship in team history. That would be a timely thing to do, as this is the final season before Pacific ships off to the West Coast.

Senior Ashley Wakefield (bottom, center) and junior Gena Johnson (top, center) look to push the Tigers to even further heights this season.
Cross country breaks record at championship

Ruben Dominguez
SPORTS EDITOR

The 2012 Pacific cross country schedule ended on Saturday at the 2012 Big West Championships in Riverside, Calif. Competing for the last time in the Big West Conference before next year's move to the West Coast Conference, the Tigers made history by setting the fastest 6K team time ever recorded by a Pacific team.

Individually, Lindsay Wourms '16 completed her incredible first collegiate season by leading the Tigers with a time of 22:24. That time was good enough for a 50th place finish overall. The next Tiger to cross the line was Becky Grabow '16, who reached the end at 23:04. The time was a new personal record for Grabow, who finished 65th overall.

The three remaining freshman each finished with close times. Mia Knipper '16 and Lauren Nakaso '16 finished back-to-back. Knipper ran a time of 23:41, while Nakaso was right on her heels with a time of 23:49. The finishes were good enough for 72nd and 73rd place overall, respectively. Meanwhile, Grace McManus '16 was not too far behind. McManus's time was 24:11, a 76th place finish.

The lone veteran of the Tiger runners, Rebecca Tuttle '15, set her own personal record at the event. She crossed the line at 24:18, good enough for 78th place and a new personal best.

Altogether, the six Tiger times resulted in an overall mark of 1:57:10.20, the fastest in school history. Overall, Pacific finished in tenth place.

There is still one more race to be run this year for some members of the team. The NCAA Regionals will be held on Nov. 9 in Seattle, Wash. A selected group of Tigers will represent Pacific at the event. The runners competing at the regionals will be announced next week.

Students react to the San Francisco Giants winning the 2012 World Series

“I am exuberant. I’m incredibly happy for this team. They deserved it after being down in both the division series and championship series. Glad to prove ESPN and East Coast haters wrong! Scutaro is the man!”
@Andrew Brazil, C.O. 2014

“Being from the Bay Area, I am super proud! The Giants are once again on top!”
@Drew Jones, C.O. 2016

“My initial reaction to the Giants sweeping the Tigers was a state of shock. As a longtime fan of the team and someone who followed the team extremely closely this year, I knew that this was a special group of players who would likely lead the team to the playoffs. The offense, built around Buster Posey, would do more than compensate for the fact that the pitching had fallen off slightly from the 2010 team, even though the rotation still featured dominant arms like Madison Bumgarner, Matt Cain, and Tim Lincecum.
Through stories like Ryan Vogelsong, who fought back from the back roads of the minor leagues and a stint in Japan to become absolutely instrumental to the Giants rotation, or Romo, who grew up in a small town on the California-Mexico border and attended four different colleges in four years, or Marco Scutaro, a 36-year-old veteran who had fought all his career for a World Series ring, but always fell short, we can see a little bit of ourselves and our own personal journeys to success.

Although baseball might seem trivial as compared to our daily pursuits of success and a better society, in many ways, the individuals that made up the 2012 Giants have a lot to teach us about perseverance and determination in the face of long odds.

Go Giants. Let’s have a parade.
@Curran McCauley, C.O. 2013
Pacific falls in finale

Ruben Dominguez
SPORTS EDITOR

The 2012 Pacific women's soccer season concluded at home over the weekend. With Pacific's four seniors-Kortney Agedapa, Laura Hernandez, Lauren Olvera, and Kayla Villalpando-participating in the final matches of their collegiate careers, it was a junior who stole the show on the weekend.

Brittni Beeman '14 notched three goals in the final two games. However, those were the only goals the Tigers were able to score in those games, as Pacific fell in both weekend contests.

The action got started on Friday as the Tigers hosted UC Riverside. After conceding a goal in the early stages, the Tigers came out flat against the Titans, falling into a 3-0 deficit. Pacific fought back, with Beeman finding the back of the net in the eighty-first minute. Ultimately, it was of little consequence, as Pacific ended the 2012 season with a 4-1 defeat.

The Tigers finish at 0-8-1 in Big West Conference play on the year. This is the first time Pacific has gone winless in Big West Conference play in the new millennium.

While the task will be difficult, it is not impossible. The Tigers have overcome several deficits in the past few years, as they have added experience and triumphs to increase their already powerful self-belief. Can Pacific make the leap and not only win the Big West in a walk-off, but make its first NCAA Tournament appearance in team history? The Tigers will take the first step towards accomplishing that feat Sunday, Nov. 4 in the first preseason game of the year against CSU East Bay, scheduled for 2:30 p.m. tipoff at the Spanos Center.

WOMEN’S VOLLEYBALL: The Pacific women's volleyball team proved why they are known as the “cardiac kids” over the weekend. Friday night, the Tigers dropped the first two sets of their match against UC Riverside. However, Pacific came roaring back to win the match 3-2 (21-25, 21-25, 25-23, 25-14, 15-11). Gabby Cowden '13 (pictured) recorded eight blocks—a team weekend high—in the victory. Another comeback was in order Saturday night against CSU Fullerton, as Pacific again dropped the first two sets. The Tigers again pushed the match to five sets, only to fall 3-2 (19-25, 26-28, 25-16, 25-23, 9-15).

BASKETBALL: Tiger basketball is back! This weekend marks the first preseason game for both Pacific men's and women's basketball in a Sunday afternoon doubleheader at the Spanos Center. The ladies will get the action started at 2:30 p.m. against CSU East Bay. One that contest is decided, the men will take the court against Chico State at 5 p.m.

SWIMMING: Both Pacific's men's and women's swimming teams were back in action over the weekend. The women's team got the weekend started on a high note with a 138-124 win over Nevada in Friday's duel meet. Cristina Mardones '16 (pictured) captured both the 100 Breast (1:05.23) and 200 Breast (2:22.61) in addition to swimming on the winning 400 Medley Relay team. Mardones also finished second in the 200 IM (2:07.91). Saturday, both team swam against CSU Bakersfield. Both would be defeated by Bakersfield, the men losing 160-123 and the women falling 156-132.

MEN'S WATER POLO: The No. 7 Tigers faced their toughest challenge to date on Saturday, taking on No. 1 USC in their home pool. Though Pacific held a 3-2 lead in the first period, the Trojans would ultimately prove to be too strong, as the Tigers fell 16-6. In defeat, Balazs Erdelyi '14 continued his stellar season with a hat-trick.

MEN'S VOLLEYBALL: The Pacific men's volleyball team faced an offseason challenge, taking on McMurry State in an exhibition match on Monday. Though showing some rust, the Tigers proved to be the tougher competitor, taking the match against their foreign foes 3-1 (25-12, 25-20, 23-25, 25-23).

PACIFIC SPORTS SCHEDULE

HOME GAMES IN BOLD

| M. BASKETBALL | SUNDAY vs. Chico State 5 p.m. Spanos Center | Nov. 10 vs. Holy Names 7 p.m. Spanos Center | Nov. 16 @ Fresno State 7 p.m. Save Mart Center |
| W. BASKETBALL | SUNDAY vs. CSU East Bay 2:30 p.m. Spanos Center | Nov. 9 @ Seattle 7 p.m. Connolly Center | Nov. 11 @ Eastern Washington 1:05 p.m. Reese Court |
| FIELD HOCKEY | THURSDAY-SATURDAY NorPac Tournament Farmville, Vir. Longwood Athl. Complex |
| M. TENNIS | FRIDAY-SUNDAY Pacific Tigers Invitational Hal Nelson Tennis Courts Stockton, Calif. |
| W. TENNIS | FRIDAY-SUNDAY Bulldog Classic Spalding G. Withen Tennis Center Fresno, Calif. |
| W. VOLLEYBALL | FRIDAY vs. Long Beach State 7 p.m. Spanos Center | SATURDAY vs. UC Irvine 7 p.m. Spanos Center |
| M. WATER POLO | FRIDAY @ UC Irvine 7 p.m. Aquatics Complex | NOV. 4 @ Long Beach State noon Campus Pool | NOV. 10 vs. UC Santa Barbara noon Chris Kjeldsen Pool |

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