Karla Cortez
NEWS EDITOR

Last Tuesday, Nov. 27, President Eibeck hosted the first Holiday ROAR, an event open to all students, faculty and staff which served to mark the end of the book drive that has been going on since late October.

The book drive is meant to provide children's books to the youth of disadvantaged neighborhoods, especially those children in Stockton whose parents do not speak fluent English.

President Eibeck set the goal to collect 1000

books for her book drive and was successful as a result of the generous efforts of all who contributed.

The books will be distributed by pediatri-
cians throughout the region in order to em-
phasize to children and families the importance of developing good reading skills.

HOLIDAY ROAR CONTINUED ON PAGE 2

Inside this issue

News | 2
Fun for a good cause

Opinion | 4
An A+ school should offer an A+ grade

Lifestyles | 7
Magic Mike burns up the stage

Sports | 10
Pacific reaches DirecTV Classic final

Index
Tiger Growls | 4
Staff Information | 5
Event Calendar | 7
Sports Calendar | 11
Fun for a good cause

Juliene Sesar
EDITOR-IN-CHIEF

This Saturday, Dec. 1 the gentlemen of Beta Theta Pi will be hosting their first ever philanthropy event at University of the Pacific.

"The Beta Bowl is a five on five flag football tournament with men's and women's bracket's," according to Kyle Sasai '15. At the end of the tournament, a trophy will be given to the winner of each bracket. Awards will also be given to the Most Valuable Player (MVP) of each bracket, and an award will be given to the organizations that 'demonstrate the most team spirit'.

All profits from the Beta Bowl will benefit Women's Center-Youth and Family Services (WCYFS). Beta Theta Pi hopes to raise $1,000 for WCYFS "and create an intentional connection between the event and those the event benefits through raising awareness to the topic of domestic violence, rape, and youth issues in the San Joaquin county community," according to their event page.

The brothers of Beta Theta Pi are co-sponsoring this event with the University Lofts and have invited the students from WCYFS to attend.

Come out to Beta Theta Pi's Beta Bowl this Saturday, Dec. 1 at noon.

Holiday ROAR spreads comfort and family fun

The Holiday ROAR event had fun games and entertainment for children and adults, including live music by the Brubeck Institute Jazz Quintet and delicious comfort food, which was served buffet-style in the DeRosa University Center Ballroom.

Santa was there to take pictures with children on his lap, and Power Cat prowled around making children laugh and was even willing to stop and let parents take a photo with him and their kids.

In addition, there was the tree lighting in the DeRosa foyer, an ugliest sweater contest, a giant gingerbread house to decorate, and an indoor snow machine. The evening concluded with the reading of a special Pacific Holiday Poem.
Looking for better, brighter world leaders

Christiana Oatman
OPINION EDITOR

Pacific's Model United Nations team returned from Washington, DC for a Model United Nations conference and hosted an open house on Tuesday, Nov. 27 to share their experiences and recruit for the Model United Nations team next semester.

This year, the team went to Washington, DC in late October to represent the country of Pakistan. Even though the conference was structured to go from 9 a.m. to 10 p.m. each day, Pacific's team was able to visit the Pakistani embassy and go sight-seeing in their spare time. Each member represented Pakistan on various mock UN councils, such as the General Assembly and Security Council, and worked together with other "countries" to negotiate conflicts and treaties.

Two members of the team, Ana Laura Gonzalez and Melissa Davis, even went to the Lincoln Memorial at 2 a.m. when no one was around. Davis described the memorial as her favorite.

Current members joined Model United Nations for a variety of reasons. Some aspire to work for the United Nations or the State Department one day and wanted some hands on experience for those career paths. Many members also joined for the travel opportunities. Pacific pays for members' airfare, registration fees, and hotel rooms.

There is a maximum number of eight members on a Model UN team each semester. Current members need to reapply each semester as well, so currently no spots are filled. Those interested need at least a 3.0 GPA, a cover letter and resume, and they need to be available to take a 1-unit course on Monday nights. In late March, Model United Nations will be attending a much larger Model UN conference in New York City and will represent the country of Belize.

Some aspire to work for the United Nations or the State Department one day and wanted some hands on experience for those career paths. Many members also joined for the travel opportunities. Pacific pays for members' airfare, registration fees, and hotel rooms.

There is a maximum number of eight members on a Model UN team each semester. Current members need to reapply each semester as well, so currently no spots are filled. Those interested need at least a 3.0 GPA, a cover letter and resume, and they need to be available to take a 1-unit course on Monday nights. In late March, Model United Nations will be attending a much larger Model UN conference in New York City and will represent the country of Belize.
An A+ school should offer an A+ grade

Francisco Gonzalez
CONTRIBUTING WRITER

University of the Pacific should include A+'s to its grading scale. By not affording the possibility of the "A+" to its undergraduates, Pacific is doing a disservice to them. If you are planning on attending law school or a graduate school (M.A./Ph.D. program), this is especially important for you.

The two most important decision factors for law school admission are one's undergraduate GPA and Law School Admissions Test (LSAT). When a student applies to law school, their undergraduate GPA will be weighed on the Law School Admissions Council's (LSAC) GPA conversion scale, not by one's undergraduate GPA conversion scale. The image to the right of this column juxtaposes LSAC's GPA conversion scale to Pacific's. As you see, the LSAC weighs an A+ as a 4.33. If an undergraduate from any institution weighs an A+ on their transcript, then they will be awarded a .33 boost to their GPA, even if their own school weighs an A+ as a 4.0. What matters is the symbol "A+", not how your undergraduate institution weighs it to be.

Pacific's current grading scale does not reflect this.

Our undergraduates are competing with students across the nation whose undergraduate institutions offer the possibility of an A+ and, if they have earned them, are awarded a .33 boost to their GPA for every A+ on their transcript. This puts them at an advantage.

Law schools obsess over GPA. Recently, Villanova Law School and the University of Illinois Law School have both been sanctioned by the American Bar Association (ABA) for altering undergraduates' GPA to improve their rankings on US News and World Report. If you look at the Official Guide to ABA-Approved Law Schools in our library, you will see that a high GPA greatly increases one's chances of admission. Although most graduate programs (M.A./Ph.D.) do not obsess about undergraduates' GPA as much as law schools do, an A+ can illustrate which courses a student excelled in. Take for instance, someone applying to those about to graduate who is focused on spending my spare money in general, but with the looming financial burden of student loans and credit card debt.

The other advice I can give is that its better to think conservatively now, than wait to those about to graduate to face six months of bills come closer to being due and tells the user when interest is added to student loans and credit cards. I am conservative when it comes to spending my spare money—just being together for our culture the most is easier is free!

A high tech approach to managing money

Juliene Sesar
EDITOR-IN-CHIEF

Being prepared for "real life"—as the adults in my life so lovingly put it—is easier said than done. We need to find jobs, a place to live, and manage our money. All these things are extremely difficult for newly graduated college students, but with a bit of planning, are not out of our reach.

Other than applying to multiple jobs, jobs that are found locally and as far as London, I started to use an app that forces me to remember the costs that are in my near future.

Pagination requires the user to makeup a passcode for security purposes, and whenever the user adds an account (such as their checking account or Comcast billing account), Pageonce goes through secure sites that protect your personal information. It would recommend not...using the same passcode as the lock code on your phone.

I use it mainly to stop and take every chance you can eat out less, only buy items that are absolutely needed, and worry.

I don't. I don't know how to.

The main thing I do is always remember my ancestors and where I come from.

The Pageonce app logo.

The Pagioonce app logo.

The Pageonce app logo.

Twitter

Juliene Sesar
Responding to "WASC's recommendation is flawed"

Hiram Jamison IV  
STAFF WRITER

The idea of diversity presented in the "WASC's Recommendation is Flawed: Pacific's Diversity Still Ahead of the Competition" article was one that fused stereotypical views when pertaining to the university's potential results when branching out to students from the Latino and African American communities from the Central Valley.

For example, the article states, "I'm afraid WASC's stringent recommendation may require us to admit students that are not prepared for Pacific" and that "It would break my heart to hear of any local student dropping out because he/she was unable to handle the rigor of the Pacific curricula." I feel the language was a representation in which he has an "old-fashioned" idea of what diversity means. So, for example, I define diversity, and it will give them a tangible meaning of diversity.

According to Merriam-Webster Dictionary, diversity is "the inclusion of different kinds of people (as people of different races or cultures) in a group or organization." This definition will be used as a line of inquiry for the topic. So now that we are all using the same 'working' definition of diversity, I can give my perspective. I certainly agree with WASC's recommendation for the university to 'pursue diversity relentlessly to be reflective of its local community.' Stockton is a very diverse city, and I think the university should showcase the assets of the city on its campus. By pursuing diversity, specifically from the Latino and African American communities, it will enrich the university's already grand history. I find diversity to be an asset. It has the potential to enlighten people on topics and subjects that people may not encounter if not for the diversity in the classroom, on-campus, on sports teams, and in organizations.

It gives people the opportunity to be taken out of their comfort zones. The new experience could be used as a way to learn and become more culturally aware and inclusive.

I believe that the diversity of the University of the Pacific is located, the demographics of the school are not representative of the environment that we live in," said said Adine Reyes '14. "Additionally, diversity has always been a strength of Pacific, and now that I'm at this point and time, our diversity initiatives are at a minimum... Diversity sets Pacific apart. It distinguishes Pacific as being a very different type of university. If you want to go to an university that did not have diversity, that did not have all of these wonderful opportunities and different viewpoints, then you could very easily go to a school where it is one minded and very Eurocentric.

To put the point of pursuing diversity to represent the Stockton community in perspective, Stockton is the 13th largest city in California and is within the top 100 largest cities in America. The Stockton community, which surrounds Pacific, has a population of 345,203 people. (gov).

According to the 2010 Census, the African American community makes up 10.61 percent when looking at the Stockton population by race, which equates to 36,428 people. The Latino community makes up 43.37 percent of Stockton's population looking at population by ethnicity, which equates to 148,841 people. These communities and the presence they have on the city is immense.

According to Pacific's website, there are 3,883 undergraduates. Of the 3,883 undergraduates, only four percent identify as Black/Native Hawaiian. That only equates to 155 students that identify as Black/Non-Hispanic. This is a smaller percentage than that of Central Valley area. There are 14 percent Latinos, which equates to 543 students. This is a minute number in comparison to vast Latino population of Stockton. The number of Latino and African American students does not at all represent the diversity of the Stockton community in which the university is housed.

The idea of diversity presented is that Pacific may harm students applying to graduate school and especially law school. By not including the A+, we will sap the vitality of the Pacific 2020 vision. This is indubitably in Pacific's best interest, even if Pacific doesn't see it.

I believe that getting an A+ as an honor, but getting an A+ is a treat. Pacific ought to offer us this treat. We are hungry.

The Pacifican

The logo of the Western Association of Schools and Colleges (WASC), which recommended that Pacific become more diverse.

Adding an A+ adds more opportunities for students

A+ CONTINUED FROM PAGE 4

who plans on getting a Ph.D. in history. A student can prove their skills in historical writing of Modern German History by receiving A+s in related courses. If that is something she wants to specialize in graduate school, then it will be to her advantage when she applies. The same holds true for almost all majors since graduate school is all about specialization. A philosophy student can prove her mastery by receiving A+s in ethics courses, a math major by receiving them in abstract mathematics, a biochemistry major by excelling in organic chemistry and so on. The addition of the A+ will not have the same effect for these students as for prospective law school students, but it will help, and because of the competition, every bit counts.

According to a release by Diane Farrell, Director of the Career Resource Center, 35.8 percent of Pacific's 2011 graduates are attending graduate or professional school. Each year, this percentage increases. The Pacific 2020 vision seeks to innovate Pacific's academics. If Pacific really wants to innovate, it must include the A+ into the grading scale. I recommend Pacific weighing the A+ as a 4.0, giving the A+ only when a student has achieved 98% or higher in a course, and giving each school the liberty to choose to give the A+ or not. The addition of the A+ can help Pacific's recruitment of students, especially for the Pacific Legal Scholars Program. It can play as a decision factor for high school students. Institutions that include the A+ will be more appealing. Are we not competing against our peer institutions and the UCs for students? Do we not want to beat them? We have to step up our game.

By not including the A+, Pacific may harm students applying to graduate school and especially law school. By not including the A+, we will sap the vitality of the Pacific 2020 vision. This is indubitably in Pacific's best interest, even if Pacific doesn't see it.

I believe that getting an A+ is an honor, but getting an A+ is a treat. Pacific ought to offer us this treat. We are hungry.

University of Tulsa Law School

An A+ would be a big reward to exceptionally hard working students.
Pre-winter break blues

Christiana Oatman
OPINION EDITOR

I think I have the pre-Winter Break blues. Judging from the number of comments and likes I’ve gotten on my Facebook status about being “mentally done with school,” it seems like I’m not alone in this. Even though I’ve been jokingly diagnosed with “senioritis” by my family, my end-of-the-year slump seems to happen every year. It feels like everyone not in college is preparing for the holidays: playing music, decorating their houses, buying presents for loved ones. But here I am in school, going against my previous declarations to never consume energy shots to use that artificial energy to cite eight to ten library books and academic articles in 20-page essays at 2 in the morning.

If I could, I would sleep, hang out with friends, catch up on my reading goals (trying to read 100 books by December 31!) and spend the rest of the next two weeks on Tumblr. But I can’t. I have to focus and I have to remember that I have goals and responsibilities, and writing lengthy papers and organizing presentations will help me come closer to accomplishing those goals.

Since I know that I’m not the only one struggling to find motivation to write and present (and the ability and knowledge to write and present well and earn good grades), I thought I might come up with a list of suggestions to deal with the stress and power through these last few weeks.

First of all, time is of the essence but if you are at a point where you are overworked and stressed, it will be beneficial for your mental health and for the quality of your work if you take a break. Go to one of the events that occur during this time of year on campus or pop in a favorite DVD or spend a few minutes talking to a friend on Facebook or even cry. Do something that you know that you will enjoy and will distract you from what needs to be done. Make sure that you do the activity long enough that you feel somewhat less stressed but not long enough that it is suddenly 3am and you’re nowhere near done with whatever is due in a couple hours.

If you’re at a standstill with lack of motivation, just remember why you’re doing this in the first place. Even if your homework is not at all interesting to you or you hate the class or professor, you are at Pacific to learn—and part of being an adult is doing things you don’t like. Study habits vary from person to person, but for me, the hardest part of doing research or writing papers or studying for an exam is starting it. Once I’m at a groove, I don’t stop and sometimes even enjoy it or at least find my topic fascinating.

And while I may feel fatigued or even sad right now, I will dislike myself even more for not getting the work done. By finishing up your essays or projects or exams now, you will be happier during your Winter Break knowing that you were responsible, smart and able to show your professors that you really know your stuff. Hopefully, your professors and GPA will reward you—and those rewards will be longer lasting and more fulfilling than a few blissful short weeks to celebrate the holidays with friends and family.
Magic Mike burns up the stage

Drew Jones  
STAFFWRITER

Most magicians pull a rabbit out of a hat, cut a woman in half, or even perform a disappearing act. As for Magic Mike, he takes magic wand and illusions to a whole new level by performing never-before-seen tricks for female audiences.

Channing Tatum channels his male stripping past as he portrays the role of Magic Mike, an irresistibly sexy stripper/wannabe-entrepreneur who searches for a way beyond the stage. Mike meets Adam (Alex Pettyfer), a 19-year-old high school football star who couldn’t make it in college and welcomes him to the world of male stripping.

Mike introduces Adam to Dallas (Matthew McConaughey), who owns the strip club, and helps him get employed as a dancer. Adam’s first night at the club proved to be exciting, to say the least. He found a way to get everything he wanted in life: money, women, and a good time.

Along the way, Mike crosses paths with Adam’s sister, Brooke (Cody Horn), and hopes to become something more than just friends with her.

Although the plot is not necessarily the main attraction for most viewers, this movie is a must-see. The stage performances by Tatum, Pettyfer, and the other dancers will definitely cause some wide eyes and open mouths in the theatre. Don’t forget to bring some napkins to wipe off your drool!

This movie is for all viewers, male and female alike. Let’s be real here, what guy wouldn’t want to be in a theatre-full of drooling women? Besides, a guy could probably learn a thing or two from Channing Tatum’s sweatpants scene.

Ladies, be sure keep the screaming to a minimum, and gentlemen take notes, because Magic Mike is more than educational.

Magic Mike will be playing at the Janet Leigh Theatre starting Thursday, Nov. 29 and will run for the rest of the weekend.

Panel to discuss healthcare administration careers

Kelly Asmus  
LIFESTYLES EDITOR

This Friday, Nov. 30 from 1:30 p.m. to 2:30 p.m. in Weber 112, there will be a panel hosted by the Eberhardt MBA on healthcare administration careers and what it takes to succeed in a dynamic market continuously impacted by regulation and legislation.

Numerous media sources pointed to continued demand and growth in jobs in the healthcare sector and these needs are not limited to clinical roles for skilled medical professionals, but also business professionals with education and experience in IT, operations, finance, and more.

Regulation and legislation will continue to increase the complexity of managing the business of healthcare.

To help us understand how new college graduates (bachelors and masters candidates) can position themselves for these opportunities, the Eberhardt MBA has partnered with the California Association of Healthcare Leaders (CAHL) to assemble a fantastic panel of professionals to engage with students and faculty on the changing demands across sectors within the industry. This panel is open to students and faculty from all majors and schools.

Learn from a diverse panel of healthcare industry professionals who will share insights about their roles and career paths, and the demands of the healthcare sector" as it relates to their careers. Our panel includes representation in the pharmacy, hospital, and insurance provider sectors.

The panelists:

- Eric Escoto is employed by Merck, a leading global pharmaceutical company, in a sales and strategy function. Escoto is a Board Member of CAHL and the Chair of the Central Valley Local Programming Council. Escoto earned his MBA here at University of the Pacific in Dec. 2009. While studying at Pacific, Escoto held internships at Stanford Hospital, Sutter Gould Medical Foundation, and the San Joaquin Hispanic Chamber of Commerce. Escoto also holds both Masters and Bachelors degrees in chemistry and biochemistry from CSU East Bay.

- Nora Powers currently serves as Regional Director of Provider Contracting in Provider Engagement and Contracting at Anthem Blue Cross. She is also a contributor to the Member Advancement Committee of CAHL and is on the CAHL Board of Directors. Nora holds a Bachelors degree in biomedical science from Texas A&M University and a Master degree in healthcare administration from Trinity University.

- Jonathan Felton currently serves as Assistant Administrator / Vice President in Clinical Services at Memorial Medical Services in Modesto. Prior to being appointed to this position in 2009, Jonathan served as a post-graduate administrative fellow with Sutter Health at the same hospital. Prior to completing his Masters degree in healthcare administration at Washington University in St. Louis School of Medicine, he gained industry experience as an Emergency Medical Technician. Jonathan also holds a Bachelors degree in sociology from the University of Utah.

- Susan Egbert is the Director of Eye Health Strategies at VSP Vision Care. Susan’s career as a senior management professional spans 20 years in the health care industry with experience in leadership, customer, employee and business relations. She is experienced in developing and implementing clinical and non-clinical programs with demonstrated results. She served on the Health Standards Wellness Program Committees for URAC and currently serves on the Provider Relations/Clinical Management Committee for the National Association of Specialty Health Plans and the Vision and Eye Health Work Group of the National Association of Chronic Disease Directors. Susan holds an MBA from the University of Phoenix.
Black Campus Ministries dined in praise

Hiram Jamison IV
STAFF WRITER

On Nov. 11, 2012, the Black Campus Ministries (BCM) had its 2nd Annual Praise Dinner. BCM is an organization that is under the over-arching umbrella of Inter-Varsity. BCM is an organization that educates its members and visitors on the teachings of Jesus Christ while incorporating significant Black/African-American cultural customs.

At 6:15 p.m., in the DeRosa University Center Ballroom, over 100 people packed in, ready for an eventful evening of fine dining, dancing, singing, music, preaching, praising, and exalting the name of Jesus Christ. There were many groups represented at the BCM Praise Dinner: community members, churches, and over 40 students. Student organizations in attendance included the Black Campus Ministries, Black Student Union, Fellowship of Christian Athletes, and Pacific Christian Fellowship. There were also people from a local Stockton church, West Coast Outreach.

The evening started out with an elegant welcome by senior Rayven Williams. She thanked and warmed up the audience for what was to come of the event. Then, a historical context of how and why the theme for the event was chosen was given by BCM President Marquis White. Afterwards, a prayer was given by freshman LeRoi DeSouzza.

The events food was catered by Jj’s Fish and Chicken. The menu included luscious chicken, tasty collard greens, macaroon and cheese, red beans and rice, perfectly seasoned jambalaya, rolls, and salad.

Following dinner, there was a performance by the BCM choir and Chozen, a guest choir, to perform an A and B solution. After the two very powerful and uplifting songs, there was a testimony given by, BSU President Marselus DeSouzza.

There was another testimony given by a member of BCM, and then the choir sang its last section. All the performances were to set the stage for the phenomenal keynote speaker, Nathan Houston. He was a visiting minister from the greater Sacramento area. He bought quite a message to the folks in attendance. He gave four key points of what God’s timing does: 1. Challenges you. 2. Corrects you. 3. Perfects you. 4. Elevates you.

The event was very pleasurable and attractive. Even if you are not usually a person who attends spiritual religious events, this was an event that had a great up-lifting vibe. It truly had the elements of a promise event. Great food, activities to keep the guests entertained and engaged, and it was a great event. Look forward to seeing you all out at the event next year!

Eating healthy: Keeping it cool in the food court

Alexandra Caspero
CAMPUS DIETITIAN

Holiday sales might be wallet-friendly, but it’s hard to find waistline-friendly foods in most shopping mall food courts. Most food courts are filled with fat and calorie rich options like pizza, pasta, burgers, tacos, fries, and Cinnabon! While the best solution is to avoid the food courts when you can, that’s not always a possible option. If you must, here’s how to navigate the food court menus to make the best choices:

Eat Breakfast: Choose filling breakfasts like eggs, oatmeal, whole grain toast or cereal will give you energy to shop and keep you full for hours.

If your craving pizza, look for a thin-crust option with lots of vegetables. If you can’t imagine pizza without meat, choose either bacon, sausage, or pepperoni.

Limit liquid calories. Avoid smoothies and other beverages that can have more calories than a fast food burger. Instead, have water, black coffee, or tea.

Stock your purse and car with healthy snacks. Choose ones with a good amount of fiber to keep you fuller longer.

Fruit, nuts, trail mix, and low-fat cheese with crackers are my favorite go-to snack options. If you can, avoid the biggest calorie bombs: Cinnabon Caramel Pecanbon (1080 cal.), Quiznos Small Tuna Melt (800 cal.), and Auntie Anne’s Jumbo Pretzel Dog (660 cal.). Don’t forget to follow NutriCat on Facebook for more tips and tricks!
Beauty and pole dancing?

Coauthor: Caitlin Owens & Whitney Peterson

CONTRIBUTING WRITERS

Go beyond your typical workout and join S Factor founder, author and Gossip Girl actress, Sheila Kelley, in #RedefiningSexy! As the originator of the pole dance fitness and striptease phenomenon, a fitness technique that teaches women the language of their bodies through fluid feminine movement, Kelley has been inspiring women to be fit, healthy and to feel beautiful in their own skin. Experience the movement yourself, as Kelley now has seven S Factor studios across the country, one being in San Francisco, Calif.

The Redefining Sexy: Believe in Your Beauty campaign aims to redefine the terms "sexy" and "beauty" through a series of provocative videos featuring true stories of real women.

The first video in the campaign, "Cancer Warrior," features Diana Schlobohm, a breast cancer warrior who needs a spotlight. Diana lost both breasts to cancer, but one thing she did not lose is the knowledge that she is a sexy and beautiful woman. This raw and gritty video, shot 6 days post-operation, challenges the viewer to answer the question, "Are cancer survivors sexy?"

The video has just gone viral, with celebrities like Eva Longoria, Rita Wilson, and LeAnn Rimes asking their Twitter and Facebook followers to "Believe in your Beauty" and "Embrace your Beautiful, Powerful Self!" Kelley's next video in the series is set to launch Dec. 12, 2012.

Kelley has been spreading female inspiration successfully, encouraging women everywhere to discover the physical and emotional benefits of pole dancing. She recently brought this expert knowledge and insight to her “Let’s Get Naked” talk at the TEDx American Riviera 2012 Conference in Santa Barbara, Calif. on Nov. 11, where she highlighted the importance of female revelation, female awakening and reclamation of a natural energy and sexy shape.

Kelley has worked with tens of thousands of women walking their feminine path. Her popularity has reached new heights as S Factor spans the globe, reaching women through studios, elite retreats, books, DVDs, and workshops. Widely regarded as an authority on female empowerment through eroticism, beauty, potential and power, Kelley has appeared multiple times on numerous television shows including Oprah, The Ellen DeGeneres Show, Late Night with Conan O’Brien, The Martha Stewart Show, The Tonight Show, 20/20, 48 Hours and The View.

A freshman perspective of the Etiquette Dinner

Bri Prebille Cole
CONTRIBUTING WRITER

Two weeks ago, I attended the Etiquette Dinner, which was put on by the Career Resource Center. I didn’t know much about it at first, but I am glad I ended up attending.

For me, the most interesting thing to learn was that the district manager for a large, well-known company first got his degree in graphic design, a field which I am in myself. As a pursuer of the humanities field, I am often reminded that those with art degrees are “not successful and don’t make much money”. Going to the Etiquette Dinner proved that statement to be false. This was a very important manager for a well-known company, and he had started out by getting his college degree in graphic design! Admittedly, he did not end up creating art for a living, but he told me that the skills he learned in graphic design aided him in advertising his company and integrating himself into the company.

Basically, by meeting the employers and alumni, the Etiquette Dinner opened my eyes to what exactly you can do with a degree after college. It also prepared me for the opportunities that might arise in the future by learning about proper dining etiquette and how to address a client in an email. I highly recommend the Etiquette Dinner for all students that attend Pacific, whether you are looking for employment or not. All students should attend at least once because it gives you skills that you need not only for the corporate world but-skills you can use while you are still in college.

Calling all writers!

Kelly Asmus
LIFESTYLES EDITOR

Interested in getting some of your writing published? Calliope, Pacific’s Literature & Art magazine is looking for submissions. There is an open theme that allows you to submit work on any subject or topic area. All work must be original and completed during Fall 2012 or Spring 2013 semesters.

Submissions can include poetry, short-fiction, short scholarly essays, and non-fiction pieces. Using a Microsoft Word Document, have your submission as well as your name, major, year, contact information, and the title of your work.
The Pacific men’s water polo team concluded the 2012 season at the Mountain Pacific Sports Federation Tournament over the weekend, going 1-2 and finishing sixth place overall.

The Tigers were given no breaks to start off, as No. 7 Pacific was paired with No. 2 UCLA in the first round of competition.

Pacific came out strong, using a combined six goals from sophomore Alex Obert and junior Kevin Oliveira, and freshman Aleksand Petrovic each finished with a pair of goals.

The team’s final game of the season also came down to the fourth period. Like they did against the Bruins, the Tigers could not hold on, falling to No. 5 Long Beach State 14-12.

Obert finished the game with four goals, capping off his stellar tournament play, which saw him score ten goals in the team’s three matches. Freshman Casey Fleming earned a hat-trick in defeat. Erdelyi was named to the MPSF All-Tournament team. Junior goalkeeper Alex Malkis recorded 32 saves during the tournament.

Overall, the Tigers had another stellar season. Pacific avenged a defeat to Pepperdine in the NorCal Tournament and scored the biggest win in years in a 10-9 overtime win over No. 4 Cal on Sept. 30.

Despite losing at the end of the season, the Tigers finished ranked sixth, an improvement over their starting seed. Pacific ended this year with a 13-12 record and will return key players, including Erdelyi, Obert, and senior three-time All-American Goran Tomasevic, who red-shirted this season.

“I thought this year was incredible in terms of the way our guys came together and bought in,” Pacific head coach James Graham said.

“We have great leadership and chemistry, and we can’t wait to get back in the pool in preparation for next year.”

Ruben Dominguez
SPORTS EDITOR

The Pacific men’s basketball team defied experts and expectations at the 2012 DirecTV Classic.

Regarded as an afterthought and predicted to lose their first round game, the Tigers were the surprise of the tournament, knocking off two teams that made last season’s NCAA Tournament and reaching the final game.

To start off the action on Thursday, Pacific was matched up against an undefeated Xavier, a mid-major powerhouse that reached the NCAA Tournament Sweet Sixteen last season.

Pacific’s prospects looked slim to start, as the Musketeers jumped out to a 9-0 lead before junior Tony Gill’s jumper put the Tigers on the board with 15:11 left in the half. After Xavier responded with a layup, the Tigers went on a 10-0 run of their own, taking a 12-11 lead thanks to back-to-back three-pointers from junior Trevin Harris.

The teams traded shots before another three pointer by Harris made the count 22-17, the Gaels used a l(M}

Tigers relied on junior Sama Taku, who scored eight consecutive points for Pacific for the first five minutes. Eventually, senior Travis Fulton sunk a three-pointer to give Pacific a 49-44 lead and then hit another shot from beyond the arc to put the Tigers ahead 56-46 with 9:15 to go in the game.

Down the stretch, the Tigers relied on junior Sama Taku, who scored eight consecutive points for Pacific to make the score 66-61 with 1:30 left to play. Back-to-back layups by Gill increased Pacific’s lead to 70-61 with forty-five seconds to play.

However, Xavier fought back with two three-pointers to cut the lead to 70-67 with four seconds left. A missed Pacific free throw gave the Musketeers a last-second chance, but the ball bounced out, securing the Tigers’ stunning upset.

“It was a great win for our program, especially for our guys,” Pacific head coach Bob Thomason said afterwards.

“We kind of believe in athletic, and a good program, but showed that we can start 9-0 to start the game and be able to fight back and really get control of the game. I wish we could make a few free throws and they miss a couple threes so it doesn’t get that close, but I’m really proud of our guys,“ said Harris led the Tigers with 16 points, while Fulton and Gill each contributed ten points. Pacific was saved by its bench, which outscored Xavier’s bench 44-7.

The win marked the tournament victory of a kind for the program as Pacific’s 64-56 triumph over Appalachian State in the 2010 CollegeInsiders Tournament (CIT) semifinals.

The Tigers also beat the first team from the West Conference (the conference) to advance to the DirecTV Classic.

The victory set up a Feb. 25 semifinal date with unbeaten future West Coast Conference (WCC) opponent Saint Mary’s, which had been defeated by Drexel in the quarterfinals.

Junior Ross Rivera made the Tigers’ first two baskets, while a three pointer from Taku put Pacific up 5-0 run by Saint Mary’s on Pacific trailing 11-9. After the teams traded three-point shots, the Tigers used a 5-0 run to take a 18-14 lead at 12:10 left in the half.

After Gill put Pacific up 22-17, the Gaels used a 10-0 run to take a 27-26 lead. That would be the last time A

Tigers trailed in the contest as they did not allow a Saint Mary’s field goal for the rest of the half. A jumper by senior Lorenzo McCloud gave Pacific its halftime lead of 32-26.

Both defenses continued

Men’s Basketball
CONTINUED ON PAGE 11

Ruben Dominguez
SPORTS EDITOR

The Pacific men’s water polo team concluded the 2012 season at the Mountain Pacific Sports Federation Tournament over the weekend, going 1-2 and finishing sixth place overall.

The Tigers were given no breaks to start off, as No. 7 Pacific was paired with No. 2 UCLA in the first round of competition.

Pacific came out strong, using a combined six goals from sophomore Alex Obert and junior Balazs Erdelyi to take a 7-5 lead over the Bruins in the third period. However, UCLA would use a dominant fourth period to come back and take down the Tigers 10-8.

The Tigers were next matched with No. 6 Pepperdine in a consolation bracket. This time, Pacific had a late run of its own, scoring four goals in the fourth period to take a 10-7 victory.

In victory, Erdelyi, Obert, junior Kevin Oliveira, and freshman Aleksand Petrovic each finished with a pair of goals.

The team’s final game of the season also came down to the fourth period. Like they did against the Bruins, the Tigers could not hold on, falling to No. 5 Long Beach State 14-12.

Obert finished the game with four goals, capping off his stellar tournament play, which saw him score ten goals in the team’s three matches. Freshman Casey Fleming earned a hat-trick in defeat. Erdelyi was named to the MPSF All-Tournament team. Junior goalkeeper Alex Malkis recorded 32 saves during the tournament.

Overall, the Tigers had another stellar season. Pacific avenged a defeat to Pepperdine in the NorCal Tournament and scored the biggest win in years in a 10-9 overtime win over No. 4 Cal on Sept. 30.

Despite losing at the end of the season, the Tigers finished ranked sixth, an improvement over their starting seed. Pacific ended this year with a 13-12 record and will return key players, including Erdelyi, Obert, and senior three-time All-American Goran Tomasevic, who red-shirted this season.

“I thought this year was incredible in terms of the way our guys came together and bought in,” Pacific head coach James Graham said.

“We have great leadership and chemistry, and we can’t wait to get back in the pool in preparation for next year.”

Ruben Dominguez
SPORTS EDITOR

The Pacific men’s basketball team defied experts and expectations at the 2012 DirecTV Classic.

Regarded as an afterthought and predicted to lose their first round game, the Tigers were the surprise of the tournament, knocking off two teams that made last season’s NCAA Tournament and reaching the final game.

To start off the action on Thursday, Pacific was matched up against an undefeated Xavier, a mid-major powerhouse that reached the NCAA Tournament Sweet Sixteen last season.

Pacific’s prospects looked slim to start, as the Musketeers jumped out to a 9-0 lead before junior Tony Gill’s jumper put the Tigers on the board with 15:11 left in the half. After Xavier responded with a layup, the Tigers went on a 10-0 run of their own, taking a 12-11 lead thanks to back-to-back three-pointers from junior Trevin Harris.

The teams traded shots before another three pointer by Harris made the count 22-17, the Gaels used a 10-0 run to take a 27-26 lead. That would be the last time A

Tigers trailed in the contest as they did not allow a Saint Mary’s field goal for the rest of the half. A jumper by senior Lorenzo McCloud gave Pacific its halftime lead of 32-26.

Both defenses continued

Men’s Basketball
CONTINUED ON PAGE 11

Ruben Dominguez
SPORTS EDITOR

The Pacific men’s water polo team concluded the 2012 season at the Mountain Pacific Sports Federation Tournament over the weekend, going 1-2 and finishing sixth place overall.

The Tigers were given no breaks to start off, as No. 7 Pacific was paired with No. 2 UCLA in the first round of competition.

Pacific came out strong, using a combined six goals from sophomore Alex Obert and junior Balazs Erdelyi to take a 7-5 lead over the Bruins in the third period. However, UCLA would use a dominant fourth period to come back and take down the Tigers 10-8.

The Tigers were next matched with No. 6 Pepperdine in a consolation bracket. This time, Pacific had a late run of its own, scoring four goals in the fourth period to take a 10-7 victory.

In victory, Erdelyi, Obert, junior Kevin Oliveira, and freshman Aleksand Petrovic each finished with a pair of goals.

The team’s final game of the season also came down to the fourth period. Like they did against the Bruins, the Tigers could not hold on, falling to No. 5 Long Beach State 14-12.

Obert finished the game with four goals, capping off his stellar tournament play, which saw him score ten goals in the team’s three matches. Freshman Casey Fleming earned a hat-trick in defeat. Erdelyi was named to the MPSF All-Tournament team. Junior goalkeeper Alex Malkis recorded 32 saves during the tournament.

Overall, the Tigers had another stellar season. Pacific avenged a defeat to Pepperdine in the NorCal Tournament and scored the biggest win in years in a 10-9 overtime win over No. 4 Cal on Sept. 30.

Despite losing at the end of the season, the Tigers finished ranked sixth, an improvement over their starting seed. Pacific ended this year with a 13-12 record and will return key players, including Erdelyi, Obert, and senior three-time All-American Goran Tomasevic, who red-shirted this season.

“I thought this year was incredible in terms of the way our guys came together and bought in,” Pacific head coach James Graham said.

“We have great leadership and chemistry, and we can’t wait to get back in the pool in preparation for next year.”
Save yourself from soreness

Drew Jones STAFF WRITER

Don’t you hate the sore feeling after a strenuous workout? On the bright side, you probably worked some muscles you didn’t know you had, but you probably still want to be able to walk around without pain.

Advil can’t always be the savior in this case, but what does help sore muscles is stretching. Making sure to stretch the sore areas throughout the day can alleviate tenderness rather quickly. The key to good stretching is holding the stretch for at least a count of 10; once you reach your limit, and push a bit further and hold it for another count of 10. Holding, rather than bouncing, can prevent a lot of injuries, especially when warming up for workouts.

Simple tips can lessen muscle fatigue and soreness after a workout.

MEN'S BASKETBALL

CONTINUED FROM PAGE 10

to remain stout to begin the second half. A layup by the Gaels cut Pacific's lead to 34-33. From that point on, the Tigers offense finally broke through, as Pacific proceeded to go on a 20-4 run, capped off by a jumper by junior Khalil Kelley and a three-pointer by Rodrigo De Souza, putting the Tigers ahead 51-37 with 8:46 to go.

The Pacific lead would stretch as far as 19 points in the second half. Though Saint Mary’s would make a game of it late, the Tigers made their free throws to hold on for a 76-66 win.

“It always feels great having that momentum,” said McCloud. “It’s an energy boost to keep going. For us to get that lead—it was great. That is the main thing; our team is unselfish, and when we share the ball, it makes it easier for everyone to score and makes it harder on the defense to play us.”

Wanting to make up for their slow start against Xavier, Pacific’s starters came out on fire. McCloud finished with a team-high 18 points on 50% shooting and 8-for-9 from the free throw line. Three other starters-Rivera (14), Kelley (12), Taku (11)—recorded double figures as well.

Before the tournament began, experts from ESPN and other major sports networks had picked either Xavier or Saint Mary’s to reach the finals, with some experts predicting wins in the finals for both teams. Not only did Pacific knock off both favorites, reaching the finals in the process, but the Tigers dealt both teams their first loss of the season.

Perhaps exhausted physically and emotionally from their two victories, the Tigers ultimately fell short in the championship game against top Pac-12 foe Cal, which had taken care of Georgia Tech in the other semifinal matchup.

The Golden Bears opened on a 7-0 run, eventually using a 10-0 run to put Pacific behind 23-8. Down 41-27 at halftime, the Tigers showed resolve, using a 6-0 run late in the second half to cut the lead to 59-54. However, Cal pulled away from there, winning the tournament with a final score of 78-58.

Rivera led the Tigers with 13 points, while senior Colin Beatty chipped in ten points. "There are a lot of ways we can improve, but it's been a great tournament for us," Thomason said. "The tournament was run unbelievably. I couldn't be more happy to be a part of it, and I wish it the best in the future. Now Big West teams know they can make it in the tournament."

There will be no rest for the weary, as Pacific's next matchup will be at No. 12 Gonzaga on Saturday, Dec. 1 at 5 p.m.

Erdelyi wins MPSF Player of the Year

Ruben Dominguez SPORTS EDITOR

The Mountain Pacific Sports Federation (MPSF) announced Tuesday that junior Balazs Erdelyi has been named the 2012 MPSF Player of the Year. Erdelyi is the first student-athlete in the history of Pacific to earn player of the year honors.

Erdelyi posted an absolutely stellar season, leading the MPSF with 83 goals and an average of 3.46 goals-per-game. He totalled a career-high nine goals in a victory over Santa Clara on Oct. 21. Erdelyi finished with two six-goal efforts, four five-goal finishes, five four-goal performances, and 21 multi-goal games in total.

"I would like to thank all of my teammates and the coaching staff," said Erdelyi, "because without them I would not have been able to receive this award. Representing Pacific with this award is an amazing feeling and seeing our performance this year shows that we are on the right track for achieving our goals next season."