Protests, Pepper Spray, And Pacific?

Karla Cortez
COPY EDITOR

The video of police pepper spraying peaceful student protestors at UC Davis on November 18th has long since gone viral on the internet. Nonetheless, the reactions and repercussions resulting from this incident have far outstretched the university campus in which it occurred.

When campus police at UC Davis demanded that student protestors remove the tents they pitched on the quad, seated and arms crossed, they refused. As multiple recordings of the event depict, the police then responded by marching up to the protestors. One policeman then started to spray the students with pepper spray at point blank range. Nine students hit by the pepper spray were treated at the scene, while two were taken to the hospital and later released.

These protests, students urge, may stem from the Occupy Movement that has spread across the nation, but has one clear distinction: goals. The student protests are known for their tactics that have spread across the nation, but has one clear distinction: goals. The student protests are known for their tactics that have spread across the nation, but has one clear distinction: goals. The student protests are known for their tactics that have spread across the nation, but has one clear distinction: goals. The student protests are known for their tactics that have spread across the nation, but has one clear distinction: goals. The student protests are known for their tactics that have spread across the nation, but has one clear distinction: goals.

Regardless of this moral question, the fact remains that right now in the UC system students pay $12,000 in annual tuition and fees, twice the amount of five years ago. Annual state funding to this system composed of 230,000 students has declined from a high of 3.2 billion to 2.3 billion now due to current economic conditions. This is the first year in which the University of California system collects more money from students then from the state.

What, then, has drawn so much attention to the single event that occurred at Davis? Many might say that it is the consolidation of so many groups who empathize with the students at UC Davis. One of these groups is faculty, according to Lillian Tiaz, the Vice Chancellor for Equity and Inclusion at Berkeley, who has met with student protestors multiple times, states, "We don't believe that higher education is a private right but a public good."

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Pepper Spray at Davis Protest

Breaking News CONTINUED FROM PAGE 1

...respect each other's right to protest and treat each other with the utmost respect and dignity. We are a community of colleagues who are committed to creating a safe and inclusive environment for all. We must stand together against any form of violence, harassment, or discrimination.

The New Civil Rights Movement

Temple Institute

Hanukkah Dinner at Pacific

Sara Menges

Human Resources, Center for Professional and Continuing Education, Career Resource Center, Eberhardt School of Business, Athletics, Miller Belcher (Public Safety), Accounts Payable/Financial Reporting, Pharmaceutical School, Office of Information Technology, and the School of Engineering and Management. Some of these departments have even adopted more than one family.

CAPC will also host a "Santa House" on Saturdays and December 10th. This will be a volunteer opportunity at the First Baptist Church in Stockton, so if you would like to volunteer, visit the CAPC website at www.nocallidabuse.org for contact information. All of the participating families will be able to gather for craft Christmas cards and cookie decorating.

If you are unable to attend the "Santa House" but would like to help somehow, CA/PA is also looking for volunteers to help wrap and deliver gifts to the families homes. Working together, the Pacific community can make the holiday season a little brighter.

The origin of this celebration dates back to the 2nd century BCE and is a commemoration of the rededication of the Holy Temple in Jerusalem at the time of the revolt led by Judah Maccabee. Along with the lighting of the menorah, a gold candelabrum with seven branches that represent knowledge and creation. This tradition of Chanukah will be honored at the Hanukkah Dinner.

The purpose of the event is to bring together the Jewish community on campus, and to have people of other faiths and backgrounds share in the celebration with us," explains Kelsey Negrete a member of the Hillel at Pacific.

"In the past years the events were very successful, and as many as 80 people attended" comments Negrete. The Hillel group is excited to put together the dinner again and want to encourage as many Pacific student, staff,
Visionary Scholar Visits Pacific

Josh Chipponeri CONTRIBUTING WRITER

The Phi Beta Kappa Visiting Scholar Program hosted Dr. Thayer Scudder Thursday November 10th. Speaking to the hope in having such a visitation program on our campus, and the intent in choosing this speaker, Pacific's Phi Beta Kappa Chapter Interim President Dr. Bob Benedetti said, "The National Office of Phi Beta Kappa makes available lecturers each year to its chapters though a chapter can only apply every other year. The first choice of the Pacific chapter for 2011-12 was Dr. Scudder. We were impressed by his hands-on approach to anthropology and his interest in micro-analysis. His international experiences fit nicely with Pacific's commitment to preparation for a global world. We were also attracted by his focus on large scale attempts to engineer the flow of water and on their social impact. In a region discussing new canals and dams, we believe his insights can help us to make better long range decisions."

Tempted to continue researching and writing in his office at California Institute of Technology, Dr. Scudder stepped out and delivered his first of the visiting scholar program series six talks, at the encouragement to his wife and colleagues. His Pacific experience was an eventful occasion, as he shared in the beginning of his lecture to a robust audience that evening; "I feel like an amateur here tonight, because I stopped being a professor at Cal Tech in 1998, as I haven't given a lecture for 11 years. I am a bit nervous, so you have to be very kind to me, tonight. Also these people at Pacific University have been keeping me very busy. Starting this morning with a two hour flight over the Delta, which was most informative. Then, a lunch with students, four honors students, then [there] was a class, where I asked the students to not all sit in rows like this, but to put their chairs all in a circle, so I that wouldn't be standing up here, because anthropologists don't like to stand up in front of large audiences and pontificate, but we are very good at it."

In a private interview earlier that day, Dr. Scudder shared some of his thoughts, drawn from a lifetime of experience in his field. His field has been ascribed to be similar to that of the fictional character Dr. Indiana Jones. The commonalities between Dr. Jones and himself go beyond a well-worn hat brim.

To these commonalities Dr. Scudder said, "I have traveled around the world like Dr. Indiana Jones, and have even been told to leave different countries while being warned against coming back. Aside from that, he is an archeologist, and I am a development anthropologist; specific to the development of large scale projects like dams. I am an advocate for project affected people, since the majorities are not getting compensated to return to themselves, and their communities. In all my travels and dangers, I have never felt safer than in the communities I have been working with for extended periods of time. I seek to make the affected people of these large scale projects the first beneficiary of these endeavors. Because they are the first impacted, and they gave up the most. There are very few exceptions to this. I can point to only 3 of 50 studied cases where the majority benefitted, of the affected people; a conclusion of statistical impact report of large dams on re-settler living standards."

"If a dam is to be built, it takes ten years to plan. This planning process gives me, and my coworkers like me, a bonanza of research to study and use. So I end up the billion dollar projects have problems, and I seek to solve them. Sometimes the people implementing these projects; financiers, politicians, engineers, contractors, and governments, don't appreciate what I do."

His lecture November 10th, emphasized the immediate need for a change of values of our present and future generations to address the decline in global living standards. One specific bit of advice he shared in his view of the global need to focus and reinvest in family farms, not agri-business, so as to create jobs and build communities. Studying the relationship of people with land and their economy, his specialty, Dr. Scudder spoke to chances of successfully creating a way to universally succeed in large scale projects, "There are successes," he said, "and that gives me hope that there will be more."

Pharmacy Students Weaving Health into the Community

Sylvana Ho LAYOUT EDITOR

One rarely comes across free health care services—or a free haircut. But on Saturday, November 19th, over 40 people left barbershops around Stockton with a physical, flu immunization, and a new hairdo at no cost to them.

"People who go to barbershops," Associate Clinical Professor Adam Kaye of the Thomas J. Long School of Pharmacy and Health Sciences observed, "probably don't see their physicians as much as they should." Controlling for age, African Americans are more than twice as likely to die from diabetes and 30 per cent more likely from heart disease than their Caucasian counterparts.

Despite a conspicuous health disparity among the African American population, Daniel Salas noticed, "Most of the health fairs I go to... don't target the community we need to." He thus collaborated with two fellow pharmacy students, Lindsay Noriega and Deshawnda Gilliam, to organize Haircuts for Health, a day-long event that brought awareness to locations intentionally convenient and familiar to African American males: barbershops.

Brannon Wong, one of the pharmacy student volunteers, described the setup: "You go where they go. You accommodate to them."

Thirty pharmacy students, under the supervision of local pharmacists, administered flu shots and screenings for blood pressure, cholesterol, and glucose. First-year pharmacy student Vince Ranh explained, "We have been learning how to do all of this since the first week of class. We are all certified to give immunizations. And there was special training for this event."

Thanks in part to a Phi Lambda Sigma grant and funding from Phi Delta Chi, Haircuts for Health partnered with Tru Barber Styles, Bay Kutz, and Dudes & Divas to offer health care services totaling $364 in costs and a haircut entirely for free.

The outreach did not end there. Those with unfavorable test results may visit Dr. Kwabena Adubofour, who is recognized for his efforts to curtail the health gap in the San Joaquin Valley, for a free follow-up.

At the three locations, Haircuts for Health tested 47 patients and provided 44 flu immunization altogether. Lucy Edwards, a regular to Bay Kutz, coincidentally stopped by Saturday to reap the benefits. "This was good for me," Edwards elaborated, "I didn't have insurance because I just moved here, and my nephew got a free haircut!"

Noriega remarked, "I was just glad that we were able to help people in our community, especially those without insurance. You could tell that offering our screenings for free and even volunteering our time made a huge impact for everyone that came to the event."

In spite of radio announcements and flyers posted around town, Salas reflected, "The turnout wasn't quite what I had hoped for, but it was turnout I was kind of expecting. We anticipated that the African American community would be one of the hardest ethic groups to reach out to, and we did our best to prepare for that. The key to public health always begins with education. Educating the public about why these screenings are valuable doesn't happen overnight. It's a long process, but I believe its events like these that help push us one step closer in the right direction."

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Cage with black widow spider in Vierra’s lab (left). An orb-weaver spider (right).

Pacific’s Dr. Vierra Leading Spider Silk Research

Jesse Voelkert

Since around 1997, Dr. Craig Vierra has conducted lab research regarding the mechanical properties and manufacturing of spider silk, particularly that of Black Widow spiders at University of the Pacific. The project has been steadily increasing in popularity, with Dr. Vierra recently receiving $900,000 dollars in grant money for the next three years of his research, and having given a presentation about his research during a recent TEDxSanJoaquin event.

Spider silk is being researched due to its inherit properties and their possible applications. Black Widow spiders produce seven different kinds of silk, used for various tasks such as web-crafting, protecting eggsacks, and mobility. These silks offer material that can be incredibly flexible, or even have 25 times the tensile strength of steel. Not to mention spider silk is all natural and eco-friendly, as well as non-toxic. These properties lead to possibilities such as Kevlar body armor, ropes, cords, guitar strings, and even biological uses like replacement joints.

However, while silk can be strung directly out of a spider, a spider silk farm is not entirely feasible due to Black Widows being small, deadly, and cannibalistic. Because of this, one of the major goals of Dr. Vierra’s research for these last three years has been to figure out a way to mass produce spider silk industrially. This process has included the tracking of the spider silk genes within the spiders, examining the proteins that make up the silk, and designing a mechanism which with which to replicate the “spinning” of spider silk. “This is the concept of bio-mimicry,” described Dr. Vierra. The main plan is to place the spider silk genes within bacteria to produce the material, and then spin the material mechanically. “We’re within striking range of this happening in about five years.”

Pacific is one of the forerunners in this research. Dr. Vierra explained, “I know some of the fibers we spin are some of the best in the world,” saying, “Their shapes are getting very close to what we see in nature.” Also, while many other silk researchers place their focus solely on a particular kind of silk, Dr. Vierra has been leading his team to study all of the various silk types. This leads to even greater possibilities, as the polymers within silk proteins have the potential to be modular, where different properties of different silks can be spliced into a single material. This research also provides a great opportunity for students at Pacific. Not only does it bring publicity for the University, but research coordinators like Dr. Vierra take in undergraduate and graduate students to directly assist with the research, usually having 20 undergraduates and five to seven graduates each semester. Thahn Tham, a graduate student in his second year of his biology Master’s program, worked in Dr. Vierra’s lab through last year and this summer. “We have so much lab experience here,” he explained. “I get to use my hands a lot and do different things.” Researchers also get to pursue projects and manage their own schedules.

Dr. Vierra’s student researchers tend to be studying disciplines such as biology, pre-dentistry, pre-pharmacy, or bio-engineering. Because there are so many different aspects that go along with this research, from finding genes to the engineering of spinning mechanisms, it has the potential to be multi-disciplinary, and student researchers get to play a direct role in this. “Our lab does it all,” explained Dr. Vierra.

This research has given an opportunity for many Pacific students to get involved, and his available student research positions fill up quickly. Dr. Vierra commented, “I’ve had probably 25-35 Master’s students, and probably 225 undergraduate students.” He continued, “The papers are great, the science is great, but in the end a lot is about the teaching and learning.” Within the biology field alone there are around 16 other faculty offering research opportunities at Pacific, with about 80 student researchers.

John Carlos at Pacific

baseball player to break the color barrier. He attended speeches and lectures by both Malcolm X and Dr. Martin Luther King Jr.

Carlos explained that he sees a mentality described by Dr. King that is going on in the Middle East and across the various “Occupy” movements around the country. “The same thing,” stated Carlos “that was going on in 1968 is still going on 43 years later. We are afraid to offend our oppressors. Basically, that means that if you have your foot on my throat I would be afraid to tell you to get it off my neck because you might get upset. I’m not like that. I’m going to tell you to get off of my neck.”

Following that, Carlos shared an experience from when he was fifteen. When he was twenty-one he was being chased by police. Carlos explained that he told the officer that he was not guilty, resulting in the firing of the manager on the spot. Carlos revealed that his father not only told him that he was proud of him for the event, but that he respected him as well.

Carlos also talked about Peter Norman, an Australian sprinter who finished second in the same race as Carlos and Smith. While not doing the “black power” stance, Norman stood there with a “human rights” button on his jacket. Norman was afraid to take the button off when he got home to Australia, even being banned from the ceremonies during the 2000 Summer Olympics in Sydney. Carlos explained to the thousands of people at Norman’s funeral that Norman needed them in life, not after death, and that Carlos would respect Norman until long after Carlos himself had died.

Finally, Carlos spoke about treating women properly. He stated that “women are never wrong,” and that they have thorns so that they would harm anyone that tried to harm them. He explained that men should handle women with “care and soft hands”, and that to disrespect or harm a woman is the opposite of a man’s duty to his family and himself.

After the speech and a great applause, Carlos signed several copies of his book “The John Carlos Story”.

ODPhi to Host Texas Roadhouse Dinner

Sara Menges

NEWS EDITOR

The brothers of Omega Delta Phi Fraternity will be sponsoring a Texas Roadhouse Dinner, and would like to invite all University of Pacific students, staff, faculty and friends to attend! The dinner will be on 9-semester, between 5-7PM. The event will take place at the Child Abuse Prevention Center located at 540 N. California Street, Stockton.

The annual Texas Roadhouse Dinner will benefit Omega Delta Phi Fraternity’s national philanthropic partnership with CASA (Court Appointed Special Advocates), specifically the San Joaquin Center in Stockton. The brothers of ODPhi encourage the Pacific community to “come and enjoy a Pulled Pork and fall-off-the-bone Pork Rib dinner” along with baked beans, coleslaw, and a fresh roll.

Meals will be delivered drive-thru style and ODPhi would like to emphasize that to enjoy this meal there is no need to get out of your car or park because members of ODPhi will deliver the meals right to the car window. “We thank you in advance for your participation and help in making sure that every child placed into foster care, has the needed representation and care that they deserve” comments Shawn McCarty, ODPhi’s Chapter Alumni Advisor.

Tickets are $12 each, are Pre-Paid only and must be purchased from any ODPhi brother on campus. Purchasing requests along with more information on the event can also be made by emailing d_moring@pacific.edu. However, credit card orders may be placed only at the Child Abuse and Prevention Center.
Black Friday Madness

Black Friday has become as much of an American holiday as Thanksgiving has. Every year, stores open earlier and earlier and people camp out in front of the doors in order to be the first ones in to take advantage of heavily discounted "must have" items.

It’s gotten to a point, though, where Black Friday is dangerous for many people. In 2008, a Wal-Mart employee was killed in the stampede of shoppers. This year, in Los Angeles, a woman pepper sprayed a crowd, injuring twenty, in order to be the first one to access an X-Box console. In San Leandro, a small city near Oakland, a man was shot and is in critical condition after refusing to give up his purchases to robbers.

To be fair, most Black Friday shoppers were completely safe in their rush to begin the holiday shopping season. But it seems ironic that Americans spend all of Thanksgiving with their family reflecting on what they’re grateful for, and then the next day, go shopping, not just shopping, but going to stores extremely early in the morning and risking the chance of another stampede, another shooting, another pepper spray incident.

If you went Black Friday shopping this year and got home safely with gifts for your family and friends, that’s great. But maybe consider doing something different next year; maybe spend that extra day off doing something with your family, continuing to reflect on what you have in life that you’re grateful for. So much of the average American lifestyle is spent reflecting on what they want and what they don’t have; Thanksgiving is the day a year where that’s not supposed to be true and the Black Friday rush tends to lessen that impact.

Instead of doing the Black Friday rush, think of other ways you could give gifts. A new tradition, Small Business Saturday, falls on the day after Black Friday but one could shop at small businesses instead of shopping at large stores. Buying at small businesses can help improve the economy and will help families who have been struggling the past few years keeping their business afloat. Small businesses have regular operating hours—no need to set your alarm clock for 2 AM—and there hasn’t been any reporting of cases in which an item meant more to someone than other people’s safety, although, who knows, that might happen eventually.

For broke college students, handmade gifts are an inexpensive and loving present for family and friends. You can express your creativity through designing something that you think your loved ones can use. If everything you make turns out to be a dud, even burning a mix CD for someone is a great way to show that you care about them, without participating in the extremes of American consumerism.

No matter what your shopping preferences are, there’s always an alternative to Black Friday madness so you can stay home and catch up on those extra hours of sleep that you probably desperately needed.
Police Brutality and the Occupy Cal Movement

Erin Saito
CONTRIBUTING WRITER

The Occupy Cal movement has garnered nationwide attention after UC Berkeley announced that it would join the Occupy movement. November 9th marked the beginning of the demonstration’s rise to the news spotlight when police officers and campus police took violent action against the students, using pepper spray and batons to remove the Occupy participants from Sproul Hall.

Acts of police brutality captured on video flooded the Internet, igniting support for the students’ fight to lower cost after the announcement of the 80 percent hike in fees for next year’s tuition and the overall 300 percent increase predicted from 2006 to 2016.

Thousands of students from colleges across the country have been making a stand against the exorbitant fees, a cost that is unacceptable and unaffordable for many in their current economic status. After the events of November 9th, the Occupy Cal movement drew sympathy and continued to push the UC administration to repeal the announced tuition.

Over the course of three weeks, there have been speeches given by professors, students and other esteemed supporters of the movement, hoping to bring a change to the tuition crisis. Students have made Sproul Hall their temporary new home, setting up tents, bringing musical instruments and creating works of art in order to pass the time during their long protest.

After the police brutality incidents, Chancellor Birgeneau issued a public apology but made no action towards fulfilling the Occupy movement’s demands, which included the reversal of tuition hikes, stopping the cuts to public education altogether and fixing the entire situation. The students have made clear that they are not equipped to speak with the board of directors, the students hope to negotiate with the chancellor at one of the student’s general assemblies. University personnel have been focusing upon dealing with the police brutality incidents rather than worrying about accepting the demands of the movement’s participants.

Upon hearing about the methods “being used by the police to detain peacefully protesting students, I was as horrified as everyone else. Although the students were breaking the campus rule of “no encampments”, the justification for this law seemed weak to me, as the university stated in an email that the reason for the no tents rule was because “We are not equipped to manage the hygiene, safety, space and conflict issues that emerge when an encampment holds and the more intransigent individuals gain control.”

The entire basis of the campus’ long-standing, non-negotiable rule is that they fear bad hygiene of students sleeping outside? This does not seem like a justifiable excuse for the use of batons and pepper spray on peaceful protesters.

As a fellow college student, I support the Occupy movement in hopes that the injustice taking place in the university administration will be resolved and education will once again be the equal-opportunity freedom that it was intended to be.
There are two kinds of artists: the kind who get signed as soon as they post a Myspace™ page (Adele) and the kind who struggle for gigs years on end to get signed. Sadly, Thompson Square is the latter of the two but they are finally getting noticed on the country music scene.

For those who don’t know of Thompson Square, they are actually a married couple, which is one of the reasons that make them so likeable. When they’re on stage, you can’t take your eyes off of them because their chemistry is real and has been there during their entire 11 years of marriage. Originally, they both were solo artists, but they soon realized becoming a duo was their only option. “We found out pretty quick that we don’t like being apart,” Keifer Thompson says.

Their most popular single is “Are You Gonna Kiss Me or Not?” which was released in July 2010 off their self-titled debut album. Little did they know that this song would change their life. “It’s a dream come true,” Keifer says. “A couple years ago, we were bartending. The crowd just got bigger and louder. The song literally changed the landscape of what Thompson Square is.” The song has now been certified Platinum. Even though their biggest hit was not one of them, Keifer and Shawna wrote nine out of twelve songs on their album. “We had a lot of creative control,” Keifer says. “We co-produced the record. They [Stoney Creek Records] love what we did. We’re getting a lot of respect from them.”

Thompson Square has only been on the rise since their album release. They have performed on Jay Leno, the Grand Ole Opry, and have toured with Jason Aldean. Over the past year alone, they have played for over 1 million fans and are looking forward to playing Radio City Music Hall. “That was a big one for me. I’m pretty excited about that,” Shawna says. They are also excited to play on their next tour opening for Lady Antebellum. “I think it’s going to be better than the Aldean tour,” Keifer says. “One thing that’s great about Aldean is that he’s one of the biggest things in country music. He’s got the redneck crowd kinda thing. We’re a little softer than that. It’s cool to be able to expose ourselves to that crowd. But Lady A’s crowd is going to be geared towards what we do.

Luckily alongside some of the big shows of the last year, they have also gotten to play for small audiences, which is more their preference. “I [Keifer] like the smaller shows because you can be more laid-back on stage. Big shows are a little more structured. We only have 20 minutes. It’s nice to have 20,000 people singing your song but it’s nice to have 1,000 people singing every song.”

I went to go see them perform at the Club Rodeo in San Jose. Even when their set ended around midnight, they stuck around to take pictures and sign autographs with fans. Despite their sudden success, they are still incredibly down-to-earth and still a normal married couple that listen to Foo Fighters and watch old movies to kill time on their tour bus. Everything is real with Thompson Square including the addiction you will get as soon as you pop in their album for the first time. Thompson Square will be opening for Lady Antebellum in Sacramento this coming March, so buy your tickets before they sell out!
**Pacifican Spotlight:**

**Megan James**

Brianne Nemiroff
LIFESTYLES EDITOR

"I think funny is the most attractive thing you can be": a quote from the "Meet Megan" section on Megan James' website. I dare you to read her entire bio without laughing. It ranges from plans of adopting "Brangelina-style" to how she can only sleep on the cold side of the pillow and she'll "flip that sucker all night" if necessary.

This Minnesota Native is now a working songwriter who moved to Nashville at the age of 22. "But ever since the age of 2, she's been demanding attention from her friends and family, as she banged on the piano," says a bratty little kid. James says.

She got her start in Nashville while interning for a publishing company and now is represented by EMI CMG. She has opened for country artists including Luke Bryan, Eric Church, and Chuck Wicks.

Both having a strong stage presence and similar attitude, it is no surprise she likes a fellow country singer, Miranda Lambert. "Lambert is one fire right now. I like that she, as a female, has the balls to say things that a lot of girls won't say. And she says them in a way that makes her so relatable."

James played at the Lair the Thursday night before Thanksgiving as a part of The Brickyard Series; but, I'm sure a lot of students are wondering how James was picked to go all the way to Stockton from Nashville. "They found me. I did a tour with NACA [National Association for Campus Activities]."

I went to Boston with a band and we played a show for 15 minutes and all of the kids that book for the school watch the sets and they come buy songs from you and your agent. In September, I got forwarded an email. The email offered her a gig at Pacific. Considering it was two hours from Napa, she was more than willing to make the haul for us and a few wine tastings.

Every song she played in her set was written by her (excluding her guessing game where she played a snippet of "The Climb" by Miley Cyrus.) The audience could have been more responsive to James as she was probably the only good sound I've ever heard coming out of the Lair's speakers with the average sounds being football games or Simpsons episodes. Having James perform for 2 hours was a big improvement. However, more students were concerned about socializing with their friends leaving only a handful of people clapping at the end of each song.

Considering all of the horrible songwriting that is on the radio now, I was all ears from the minute I sat down. My favorite song that she performed was "Plenty of Room" which hasn't left my head since the show. The song is available, along with five others, on her EP. So go check out Megan James on her personal website, facebook, or twitter at @meganjamesmn.

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**NUTRICAT'S CORNER**

9 Ways to Control Your Weight

Alexandra Caspero
CAMPUS DIETITION

1) Be clear on what motivates you: Make sure you got more to gain from keeping the pounds off long term. When you're tempted to just skip exercising or eat something you know isn't great for you, think about what moves you to be better.

2) Believe in your abilities to master weight control: You CAN do it!

3) Get and stay active: Research shows that people who've successfully kept weight off exercise 60 to 90 minutes a day. Yes, it's seems like a lot, find what you love to do.

4) Develop better coping skills: There WILL be ups and downs in life—but no one ever succeeds when food is your "therapist." The only thing food solves is hunger.

5) Track your progress: Apps are a great tool for doing this!

6) Weigh yourself regularly: Act as soon as you see the first 1-2 pound increase. It's so easy to let pounds add up before taking action and then, you may have regained 5 or more pounds.

7) Develop a relapse prevention plan: Have a plan in mind before you need it. Put it into action as soon as a few pounds on the scale stare you down.

8) Put a support system in place: Continuous support is a must. What's your plan to get regular support?

9) Know what works for you: There's no single diet or approach that works for everyone. Know what you did to gain from keeping the pounds off long term and do what you know will work for you to prevent yourself from regaining.

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The True Solutions

**LIFESTYLES**

**DECEMBER 1, 2011**

The True Solutions

Alexandra Caspero

CAMPUS DIETITION

Lost a few pounds this semester? Great! To help improve your odds of keeping it off for good, here's nine research-proven strategies for you to help keep the scale steady.

1) Be clear on what motivates you: Make sure you got more to gain from keeping the pounds off long term. When you're tempted to just skip exercising or eat something you know isn't great for you, think about what moves you to be better.

2) Believe in your abilities to master weight control: You CAN do it!

3) Get and stay active: Research shows that people who've successfully kept weight off exercise 60 to 90 minutes a day. Yes, it's seems like a lot, find what you love to do.

4) Develop better coping skills: There WILL be ups and downs in life—but no one ever succeeds when food is your "therapist." The only thing food solves is hunger.

5) Track your progress: Apps are a great tool for doing this!

6) Weigh yourself regularly: Act as soon as you see the first 1-2 pound increase. It's so easy to let pounds add up before taking action and then, you may have regained 5 or more pounds.

7) Develop a relapse prevention plan: Have a plan in mind before you need it. Put it into action as soon as a few pounds on the scale stare you down.

8) Put a support system in place: Continuous support is a must. What's your plan to get regular support?

9) Know what works for you: There's no single diet or approach that works for everyone. Know what you did to gain from keeping the pounds off long term and do what you know will work for you to prevent yourself from regaining.
Black Friday Across California

Anxious Customers Outside of Saks Fifth Avenue in Beverly Hills, CA.

The food court at the Del Amo Mall in Torrance, CA.

The crowd at American Eagle in the Del Amo Mall in Torrance, CA.

On the contrary, despite the 50% off the Motorola Xoom Tablet, the Verizon store in the Beverly Connection in Los Angeles, CA was empty.

The line at Old Navy at 11PM at the Beverly Connection in Los Angeles an hour before the store opened at 12AM for the Black Friday sale.

Anxious Customers Outside of Saks Fifth Avenue in Beverly Hills, CA.
SPORTS

Men's Water Polo Takes Sixth at MPSF Tournament
Pacific's Season Ends on Sudden Victory Goal

Athletic Media Relations

UC Irvine's Trent Baxter scored the deciding goal in a sudden victory as the Pacific men's water polo team fell 10-9 to the Anteaters Sunday, November 27, in the fifth-place match at the Mountain Pacific Sports Federation Tournament.

The loss sees the Tigers finish sixth at the tournament, the program's best finish since the 2006 season.

UC Irvine's Trent Baxter scored the deciding goal in a sudden victory as the Pacific men's water polo team fell 10-9 to the Anteaters Sunday, November 27, in the fifth-place match at the Mountain Pacific Sports Federation Tournament.

Neither team was able to find the back of the cage in the third period. Both squads had power play opportunities but their respective keepers came up with saves, preserving UC Irvine's 5-4 lead with eight minutes left.

The Anteaters ended their period as an Anteater shot sailed over the cage. On Pacific's resulting possession, Lunga connected on a shot from outside that beat UC1's keeper, giving the Tigers a 9-8 lead with 1:09 left to play. The Anteaters managed to draw an ejection before calling timeout with 38 seconds remaining. The resulting play saw freshman Figuerra beat Malkis to the right side for the game-tying goal with 24 seconds left, giving the Tigers one last possession. Pacific was unable to get a good look after its pass was deflected, sending the game into sudden victory.

The Tigers won the crucial opening sprint but were whistled for an offensive foul before they could get a shot off. The resulting counterattack saw Baxter get open down the middle of the pool where a teammate found him for the game-ending goal.

It was Pacific's third game decided in a sudden-victory period on the season. It was also the team's eighth overtime match and 12th one-goal match of the year.

Tomasevic paced the Anteaters with three goals while Malkis recorded 15 saves in the cage for the Tigers.

Baxter led all scorers with four goals. Goalkeeper Jimmy Friedrich tallied six saves.

Sophomore Balazs Erdelyi (center) and senior Joey Frantz (right) helped the Tigers' defense in the MPSF Tournament.

first with a goal from Baxter at the 6:12 mark of the first quarter. The Tigers matched the Anteaters with a goal by freshman Alex Obert on a rebound put-back with 1:31 left in the frame. UCI was able to draw a penalty on sophomore goalkeeper Alex Malkis but the resulting attempt hit the bar and was recovered by Pacific. With just five seconds left in the quarter, Obert tallied for a second time to give the Tigers a 2-1 advantage.

The second quarter saw UC Irvine tie the match at 2-2 on a counter-attack goal at the 7:12 mark. The Tigers answered on their next possession when junior Goran Tomasevic put away a pass from sophomore Balazs Erdelyi to put Pacific back up by one. After the Anteaters scored consecutive goals to take a one-goal lead, senior Tom Koning beat UCI's cold spell first with a goal thirty seconds into the final frame, going up 6-4 in the process. Pacific broke through on a 6-on-5 goal from Tomasevic to pull back to within one before tying the game at 6-6 on a 5-meter penalty shot from senior Daniel Lungu with 3:52 left. The Tigers managed to reclaim their lead on a score by Erdelyi at the 2:24 mark, but UCI answered with just 28 seconds left to force the game into overtime.

The first overtime saw Pacific take back the lead on a rebound put-back from Tomasevic at the 1:51 mark. Baxter would score 20 seconds later for the Anteaters, tying the game at 8-8. The Tigers had a scoring chance at the end of the frame but Erdelyi's shot deflected off of the bar and was recovered by UCI.

Malkis was threatened early in the second overtime period as an Anteater shot sailed over the cage. On Pacific's resulting possession, Lunga connected on a shot from outside that beat UC1's keeper, giving the Tigers a 9-8 lead with 1:09 left to play. The Anteaters managed to draw an ejection before calling timeout with 38 seconds remaining. The resulting play saw freshman Figuerra beat Malkis to the right side for the game-tying goal with 24 seconds left, giving the Tigers one last possession. Pacific was unable to get a good look after its pass was deflected, sending the game into sudden victory.

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News and Notes

WOMEN'S VOLLEYBALL: The Pacific Women's Volleyball Team closed out the 2011 season with a dominating win over Seattle on Friday, easily dispatching their foes 25-13, 29-27, and 25-12 for a 3-0 sweep. The Tigers finish the season with an 18-12 record. It was the final match for seniors Samantha Misa and Rebekah Torres. Misa finished her career in a big way, recording a match-high 12 kills and a .333 hitting percentage. In addition, Misa, as well as sophomore Jennifer Sanders and freshmen Katya Tagart, were named to All-Big West teams.

SWIMMING: The Tigers took part in the 2011 Arena Classic at Long Beach, CA at the Belmont Olympic Pool November 17-19. Sophomore Oliver Simkovic had a stellar meet, recording two top-10 finishes in the 400 IM (10th) and the 200 Back (6th). Freshman Brandon Chandler finished 7th in the 1650 Free. Freshman Cooper Rogers also finished 10th in the 100 Back. Other Top-20 finishers for Pacific include seniors Nate LeRoy (100 Breast, 200 Breast) and Roger Ward (200 Breast), juniors Jenna Chaplin (200 Fly) and Zach Zottoli (1650 Free), sophomore MaryEllah Randall (50 Free), and freshmen Casey Fleming (100 Back), Cameron Franke (100 Breast), Brandon Presswood (200 Back), and Dekal Shahaf (100 Fly).

Both teams will have the rest of 2011 off before returning on January 7 at Stanford.

WOMEN'S BASKETBALL: Pacific recorded two strong wins over Thanksgiving Break, taking out Cal State Bakersfield 96-73 on November 22 and SIU Edwardsville 78-26 on Saturday. Junior Kendall Rodriguez led the team in both points and rebounds against Edwardsville. The team also traveled to Nevada on Wednesday. The Tigers will have the week off before hosting a huge game against top SEC contender Florida on December 9th as part of Pacific's Holiday Game Nights.

Pacific Extends Scholarship Offers

Additional $2000 Per Year Stipend Added

Athletic Media Relations

University of the Pacific Vice President of External Relations and Athletics Ted Leland, has announced that consistent with new NCAA legislation, all scholarship aid agreements for student-athletes can now be offered for four years or through their remaining eligibility. This will be effective beginning with the recent fall of 2011 signings, for the 2012-13 academic year.

Additionally, in accordance with new NCAA legislation, Pacific will offer all new scholarship and renewal recipients in men's basketball, women's basketball and women's volleyball an extra $2000 per academic year. According to the NCAA, student-athletes who receive full athletics scholarships or get other school financial aid combined with athletics aid to equal a full scholarship will have the opportunity to receive additional athletics aid (or other institutional aid, including use of the Student-Athlete Opportunity Fund) up to the institution's calculation of full cost of attendance or $2,000, whichever is less. “As we continue our success on the field and in the classroom, this is a great step forward for University of the Pacific and Pacific Athletics,” said Leland.

“It is beneficial that we can sign our recruits to a four year grant-in-aids with an additional stipend of $2,000 per year,” said women’s volleyball head coach Greg Gibbons. “First, the four year scholarships allows us to give a full commitment to the girls we have recruited as opposed to the four one year grant-in-aids we have done in the past. In addition, the stipend will help pay any additional academic expenses that happen over the course of the year. It will help with summer school or any other course related fees that arise during the academic year.”

“The allotment of the $2,000 cost-of-attendance stipend speaks to the level of support from our administration for our sport, and the desire of Pacific athletics to win championships,” said women’s basketball head coach Lynne Roberts. “I’m very grateful that our student-athletes will benefit from our university’s continued support of its women’s basketball program. From a recruiting standpoint, being able to offer this cost of admission stipend won’t put the program at a recruiting disadvantage, and I think that the academic component of the NCAA’s changes will also help level the playing field for private schools like Pacific, which have had high academic admissions standards all along.”

“It’s a great idea to offer scholarships for more than one year,” said men’s basketball head coach Bob Thomason. “Families and student-athletes should have security and know that you are in it for the long haul, which is a fabulous thing for the NCAA to do. The additional $2,000 is something that is long overdue. There are a lot of restrictions that prevent student-athletes from getting jobs and this gives them a little spending money.”

Standings
(as of November 27, 2011)

WOMEN'S VOLLEYBALL (FINAL)

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<td>UC Irvine</td>
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^ = 2011 Big West Champion

MEN'S WATER POLO (FINAL)

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<td>Long Beach State</td>
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</tbody>
</table>

^ = Regular Season Champion
* = 2011 MPSF Tournament Champion

2011 MPSF Men's Water Polo Tournament Recap

Game 1 - USC 11, Pacific 7
Game 2 - California 17, UC Irvine 9
Game 3 - UCLA 5, Pepperdine 4 (OT)
Game 4 - Stanford 11, UC Santa Barbara 10
Game 5 - Pacific 11, UC Santa Barbara 10
Game 6 - UC Irvine 5, Pepperdine 4
Game 7 - USC 8, Stanford 6
Game 8 - UCLA 7, California 6 (OT)

7th Place - UC Santa Barbara 10, Pepperdine 8
5th Place - UC Irvine 10, Pacific 9 (SV OT)
3rd Place - Cal 8, Stanford 7
CHAMPIONSHIP - UCLA 10, USC 9 (SV OT)
Basketball Falls at Stanford
Fulton Leads Team with 13 Points

The Pacific men’s basketball team dropped a 79-37 decision at Stanford on Monday, Nov. 28th. The Tigers are now 2-3 on the year, while Stanford improved to 6-1.

The Tigers didn’t score in the first four minutes of the contest, but trailed just 7-6 with 13:35 to play in the first half after playing a strong defense. After a couple of baskets by sophomore Ross Falley, Pacific led 10-9. A 9-0 stretch by the Cardinal gave Stanford an 18-10 lead. The Tigers cut it back to 20-16 after a 6-2 stretch, capped by a three-pointer from sophomore Markus Falley. Leading 23-18, the Cardinal finished the half on a 15-5 run, to lead it 38-23 at the break. The Tigers shot just 30.3% in the first half, making just three of 10 from three-point range. Stanford was 13-23 from the field (56.5%), hitting nine of 10 free throws.

Junior Travis Fulton hit a three-pointer in the opening moments of the second half to make it a 12-point game (38-26). After Stanford pulled ahead 45-28, junior Colin Beatty hit a 17-footer to make it 45-30 with 16:50 left. The Tigers went scoreless for a nine minute stretch as Stanford built a 64-30 lead thanks to a 19-0 run. The Cardinal lead did not drop below 34 the rest of the way.

Pacific was led by 13 points from Fulton. Stanford was led by Chasson Randle and Josh Owens, who each had 14 points.

Junior Travis Fulton led the Tigers, who kept fighting until the end.

Basketball Holiday Games and Toy Drive
Athletic Media Relations

The Tigers invite you to show your holiday spirit this season by supporting the CHiPs for Kids Toy Drive. Bring a new, unwrapped toy to the Pacific Men’s Basketball game vs. Utah State on Saturday, December 3rd or the Pacific Women’s Basketball game vs. Florida on Friday, December 9th and receive a complimentary admission ticket to the game! Tip off time is set for 7 PM for both games.

All toys collected will be delivered to hospitalized and disadvantage children before the holidays. Fans can make their donation in advance by calling Sarah Vinall in the Pacific Athletic Marketing Department at 209-946-2718. Donations will also be accepted on game day starting at 5 PM at the Spanos Center.

There will be tons of free giveaways that night! Plus, don’t miss all of the special holiday themed performances by the Tiger Dancers and Sacramento’s Show Biz production.

Three Tigers Named to All-MPSF Teams

Athletic Media Relations

Junior Goran Tomasevic, sophomore Balazs Erdelyi, and senior Tom Koning were named to the 2011 Mountain Pacific Sports Federation All-Conference team, as announced by the conference office Tuesday. Tomasevic and Erdelyi both earned first team honors while Koning was an honorable mention pick.

"I’m very excited and happy for Goran, Balazs, and Tom," Pacific head coach James Graham said. “I believe that through team success comes individual success. We as a team could not be more proud of these three, and the honor is truly well-deserved.”

Arguably, the most dominant two-meter player in the nation, Tomasevic was named a first team selection for the second straight season. He finished the year with 46 goals, good for third-most on the team, while his 1.77 goals per game average ranked ninth in the league. Koning ended the year with a scoring streak of 12 consecutive matches, and he also added 26 steals and 14 assists.

The Tigers’ two first team selections were second-most behind USC’s four, and both will be returning next season, giving Pacific a very talented core to build around.

"To have the second-most first team selections is huge," Graham continued. "To have both of them returning is even more exciting."