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**Lights Out Across Campus**

Jesse Voelkert  
**STAFF WRITER**

Power went out at University of the Pacific around 10:30AM, Monday, December 5th, when a traffic accident knocked down a wire pole off campus. Scott, the Director of Support Services for Physical Plant on campus stated, "A car hit a pole off campus and it took out a portion of Stockton’s power, including our campus. It was a high voltage line." While power was down, the school's wi-fi remained, with Pacific Connect sending updates through text and email, as well as updating statuses on the University Facebook page to keep the students informed.

The blackout, though lasting only a few hours, caused several issues on campus. All food facilities on campus were shut down, including The Grove, The Marketplace, and The Lair. Jordan Dangerfield, a freshman, commented "It’s terrible. I have no source of food. I guess everyone is just waiting for a meal. But my classes were cancelled." Having no electricity also disabled the door scanners present on most Pacific buildings, automatically locking the doors and preventing people from gaining access from the outside. This led to many residence hall doors being propped open for access or groups of students waiting for somebody inside to open the door. Other facilities, such as the Baun Fitness Center, were closed during the outage as well.

Others adapted, such as the services in Knoles Hall, where they were left with only the ability to file, calculate GPAs and answer questions in person. While the school stated that classes would continue as scheduled, many classes were cancelled both during and after the shortage. Some simply adjusted their learning plan. Chloe Umble, a sophomore at University of the Pacific, described how her class went, saying "We huddled around [the professor's] laptop and watched his PowerPoint." Also, the power outage affected some majors differently than others. While the computer labs were useless, Conservatory students could still be heard performing in the practice rooms.

The outage also posed an issue, with many having their last midterms this week, or others preparing for finals. "I have tests to study for, without a plug to charge my computer," explained Tri Nguyen, a Pacific freshman. Despite the outage, students could be found in the library, studying their books as the services in Knoles Hall, where they were left with only the ability to file, calculate GPAs and answer questions in person.

**Warm a Winter Wish This Holiday Season at Pacific**

Teryn Porter  
**STAFF WRITER**

This holiday season, Pacific is hosting a variety of events dedicated to giving back to the community, one of them being the Warm a Winter Wish program. This program, hosted by Pacific Health Services, began November 28th in order to encourage Pacific staff, faculty, and students to help the less fortunate of the Stockton community during the holidays. The holidays can be a difficult time for these families, and the Pacific campus is encouraged to help make this time of year a little bit brighter for them.

The Warm a Winter Wish program was started and is currently being overseen by campus dietitian, Alexandra Caspero. This year, Christmas trees have been placed in the Baun Fitness Center, as well as the Cowell Wellness Center. These trees are decorated with tags, and on these tags are written the “wishes” of the families that will be benefiting from this program. Staff, faculty and students are encouraged to take a tag and fulfill the wish that is written on it by buying the items that the family wants. These wishes include anything from toys for the children to nonperishable items. The wishes of the families vary in price, so anyone can participate, no matter their budget. The purchased gifts can then be brought back to the Christmas tree (along with the tag) in either the Baun or Cowell Center.

The families that the Warm a Winter Wish program helps have always been from the Women’s Center of San Joaquin. They are all single mom families with small children. "We are all aware of the challenging economy, and this is an opportunity to help make the holidays a little brighter to those less fortunate in our community,” said Alexandra Caspero. “These are all families who wouldn’t otherwise have a holiday season. The Women’s Shelter helps families who are victims of domestic abuse start a new life, and these gifts help make that possible. Every bit helps, even if you can only give a dollar. While we encourage the wish tags to be fulfilled, you can also drop off money or gift cards off at the Cowell Wellness Center (attention to myself), and we will use that to purchase any remaining wishes.”

If you would like to help give a holiday to one of these families, please stop by the Baun Fitness Center or Cowell Wellness Center and pick up a tag today. The program has been extended to Tuesday, December 13th, so please be sure to deliver your gifts by that date. By working together, we can create a holiday that these families are not soon to forget.
Faraday Lecture to be Held This Saturday at Spanos Center

Sara Menges  
NEWS EDITOR

Get ready for explosions and colors this holiday season as Pacific will be hosting their 2nd annual Faraday Lecture on Saturday, December 10th. The event starts at 6:30pm in the Alex G. Spanos Center and will last until 8pm. Returning from last year to host the lecture are Pacific’s chemistry professors Balint Sztaray and Liang Xue.

Faraday Lectures were first initiated in 1825 by a well-known 19th century scientist, Michael Faraday. With an enthusiasm to share his love for science, Faraday would provide scientific demonstrations to the public, catering specifically towards younger children. The Royal Institution of Great Britain still offers these Christmas Lectures to the London community every year. The lectures are not only broadcasted across the UK but have become part of a holiday tradition.

With top hats and bow-ties, Professor Sztaray and Xue will be dressed as 19th century chemists to honor the Victorian era origin of the lectures. Their demonstrations will include changing the color of fire, making things spontaneously combust, and showing children how to experiment safely at home. Furthermore, the professors will also be expecting a surprise visit from Pacific’s PowerCat assisting them in the experiments.

This event is free and open to the public however tickets are required and there will be a limit to about a thousand people in the audience. Tickets are available at Pacific’s Box Office next to the Long Theatre, the office can also be reached at (209) 946-2867.

Patrick Giblin

PowerCat (Left) and Professor Xue (Right) at the 2010 Faraday Lecture.

Patrick Giblin  
Young children watch science experiments at the 2010 Faraday Lecture.

Free Pie Provided by the Pacific Alumni Association

Jesse Voelkert  
STAFF WRITER

Before the Pacific Tigers’ basketball game against University of Hawaii on Tuesday evening, the Pacific Alumni Association offered free pie to help encourage students and alumni to check out the newly built Alex and Jeri Vereschagin Alumni House. Students and Alumni who visited the building were welcomed to a variety of pies, as well as hot cocoa.

Randi Ellis-Johnson, Administrative Assistant for the Office of Alumni Relations explained, “This event is to showcase the alumni house. We’ve been doing this for four years.” This year they planned the event to take place right before the basketball game, hoping to draw people to stop by before watching the game.

Like the past events, a goal here was to get students to learn about the history of the school. While visitors ate, a slide show was presented showcasing the alumni class of 1957, with old photographs of sports teams, clubs, and Greek organizations.

The room was made up of students and alumni alike. Judy Beauchamp, a 1974 alumnus, commented, “I think it’s a very nice idea.” This was also her first time visiting the building, noting “It’s very impressive. It’s beautiful.” The event ran from 5:30-7:00pm, ending just in time for patrons to head over to the 7:00pm basketball game.

(Left) Alumni and students eating and conversing  
(Below) The Alumni House decorated for the Holidays
Festival of Lights to Be Missed This Holiday

This year the Pacific community will be missing one of its annual events that has long embodied the spirit and tradition of the University. "The Festival of Lights was originally created as an event produced by students with help from staff, and it was designed largely for students," comments Steve Whyte, Director of University Events, about the Festival that has been held at Pacific annually since the early 1990’s.

Whyte also mirrors the explanation made by the President in a campus wide announcement that due to the change in the academic calendar last year, there have been difficulties with regards to the participation of students in the Festival and planning process as the event was pushed so close to finals.

For those who did not get the chance to attend last year, the Festival of Lights included a Holiday Faire, an Interfaith Holiday Celebration, and a Sing-a-Long and Pancake Breakfast. These events provided an opportunity for the campus community to come together and celebrate the diverse holiday traditions that exist around the world.

The holiday Faire consisted of crafts, food, beverages and a chance for children to see Santa Claus at Santa’s Village outside the DeRosa University Center. The Interfaith service aimed to highlight Pacific’s spirit of giving by honoring the traditions that exist around the world and in which are celebrated by our Pacific staff, faculty, and students. And to top off the night, Festival of Light participants formed a candlelight procession from Morris Chapel to the DeRosa University Center where pancakes, sing-a-long music, and entertainment was available.

Not only does the Festival of Light represent a university tradition, but it also gave the opportunity for Pacific to give back to the community with charity auction events. This year, President Eibeck still wants to highlight Pacific’s spirit of giving by honoring the departments that have participated in the Child Abuse Prevention Council’s Adopt-a-Family program.

This alternative celebration will take place at the Staff Advisory Council and Academic Council Holiday Luncheon on Tuesday, December 13th from 11:30 am to 1:00pm. All staff and faculty are encouraged to attend.

"I was actually really looking forward to the Holiday Faire and celebration at Morris Chapel this semester," comments Marissa Ito, undergraduate student at Pacific and participant of past Festival of Light events.

"The atmosphere was always so fun, and I love celebrating the Holiday season!" Ito can however be assured that the Festivals tradition will continue on next year as Steve Whyte stated that, "the University is looking at options for the future that will ensure a long life for a holiday celebration that will involve students, faculty and staff."

For feedback and suggestions on what holiday celebration Pacific should host for next year please email the President at president@pacific.edu. For more information or to RSVP to the Holiday Luncheon please contact SAC@pacific.edu.
I don't know about you, but I've never—well, not since I was a graduate student making $8000 a year in the late Nineties—felt more a part of the 99%. This may be an unexpected statement from the University Professor (thought by many to be the very embodiment of entitlement—picture gilded mahogany arm chairs, suede patches on the elbows of Harris Tweed blazers, and a halo of smoke issuing from a Sherlock Holmes-style pipe.) But being a Professor in my field—the Humanities—and therefore, among the lowest paid at Pacific, my status is not quite that beatific. No, I write this as someone who is witnessing an expanding gap on our own campus between the wealthiest 1% and the 99%. Recently, the University made a decision about employee benefits that has forced far too many of us to choose between significant pay cuts or a loss of decent health care for ourselves and our dependents. My salary goes down by $600 per month starting January 1 because the University decided to "incentivize" faculty to opt out of the only health care plan that allows for treatment beyond Stockton, a city which was above capacity 2 months ago, and subsidized-lunch programs reached an all-time high nationally in the same week that pizza was declared a "vegetable" by Congress. Income disparity is something that we used to think happened in that fabled land of "somewhere else," but now it's coming to a suburb near you. Don't take it from me—take it from the flabbergasted economists, one of whom observed in The New York Times just last week that "the suburbs" are "the new face of poverty." Let me be very clear: I'm not fearingmongering by suggesting that Pacific students will come to experience income disparity: you already are. This past term, I've seen more students forced to drop out of Pacific or spend a semester off because of economic hardship than any other year, and it breaks my heart in a way that nothing else does.

Most people think that you're a bunch of spoiled rich kids whose parents were afraid of sending you to Zoo U. I've been here long enough to know better: I know that many of you have more experience income disparity: you already are. This past term, I've seen more students forced to drop out of Pacific or spend a semester off because of economic hardship than any other year, and it breaks my heart in a way that nothing else does.

As someone who went to Occupy Oakland during the media blitz, I craved a similar movement here in Stockton. As it turns out, "Occupy Stockton" has been meeting on a daily basis downtown in DeCarli square. No need for tear gas or rubber bullets here: senior citizens bring their chairs over from the Hotel Stockton across the way, residents of Isleton cross the bridge once a day to lend their support, and two toddlers bang on drums as part of the regular routine. Inevitably, someone at some point offers to do an impromptu yoga class. Occasionally someone from Manteca will ask, bewildered: "isn't there a University here?"

Knowing your math matters in Stockton: the unemployment rate is twice that of the current national average, f o r c e 1 0 0 0 0 s continue to surge, the city's homeless shelter was above capacity 2 months ago, and subsidized-lunch programs reached an all-time high nationally in the same week that pizza was declared a "vegetable" by Congress. Income disparity is something that we used to think happened in that fabled land of "somewhere else," but now it's coming to a suburb near you. Don't take it from me—take it from the flabbergasted economists, one of whom observed in The New York Times just last week that "the suburbs" are "the new face of poverty." Let me be very clear: I'm not fearingmongering by suggesting that Pacific students will come to experience income disparity: you already are. This past term, I've seen more students forced to drop out of Pacific or spend a semester off because of economic hardship than any other year, and it breaks my heart in a way that nothing else does.

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Apathy and Activism on the Pacific Campus

John Langdon
CONTRIBUTING WRITER,
WOMEN'S RESOURCE CENTER

Students link arms, chanting the “The whole world is watching!” while police officers in riot gear attempt to remove peaceful Occupy protesters from the UC Davis grounds. Now infamous due to the internet, footage of a cop pepper spraying protesters at pointblank range, the counterproductive move on the part of the police and the university; resulting in greater awareness and support for the movement. Forty-one years earlier following the Kent State shootings, which marked one of the most infamous events of the Vietnam War era, the Ohio National Guard had opened fire on student anti-war protestors; the incident resulted in four dead. Similar to the student movements from the past, the recent Occupy protests have spread across universities campuses and activism at Pacific remains nonexistent.

A possible explanation for the perceived apathy could involve Critical Mass Theory, which argues that the majority of people will not participate in protests until the number of activist has reached a critical size. When taking into account the small size of the Pacific population, Critical Mass Theory appears to provide a reasonable explanation for the relative scarcity of student activism on campus. There could be a psychological component as well, students attending large universities might have a feeling of being lost in the crowd and will join a political organization with the subconscious desire to fill that social gap. The relative small size of our university fails to facilitate large-scale student activism, possibly explaining our current situation in regards to the Occupy Movement.

The response from the University of the Pacific continues to be supportive of the students rights to free speech, however, such support from authority could actually be hindering the development of large-scale student activism. In a recent e-mail addressing the events at California universities, President Eibeck stated how the Pacific administration would react to a similar situation, noting the universities previous support of peaceful protests on campus and honoring right to free speech; an indication of the universities cooperative approach.

People need an incentive to join the protests and much of the rhetoric at UC campuses by the Occupy Movement is in regards to tuition increases in public higher education. The University of the Pacific is a private institution and the students are not affected in the same ways as those attending California public universities. Unless Pacific students are tied personally or economically, they will not overcome the collective action problem and indifference to social issues will continue.

Bring Back the Black

Loren Arthur
CONTRIBUTING WRITER,
ALANA CENTER

One day while walking through Khoury Hall I noticed on a bulletin board in the top center of this board was the title National Society of Black Engineers (NSBE). Being someone who identifies as African American and is majoring in Mechanical Engineering, I was interested in seeing what this group had to offer.

When I got back to my room I quickly got on my computer and searched Orgsync in an attempt to make contact with our local Pacific chapter. However they were nowhere to be found. There were traces on the Pacific website, but I could find no source that confirmed the existence of this group on our campus. Not really knowing what the NSBE was I decided to research them on the national level.

On the top of their website nsbe.org it has its mission statement: “To increase the number of culturally responsible black engineers who excel academically, succeed professionally, and positively impact the community.” Reading their mission statement I began to feel more inclined to pursue membership with this group and help bring their ideals to campus and to the Stockton community.

As I read further on the website I ran into more reasons to join. They offer job search services, hold conferences and conventions with future employers and other engineers, and they offer access to thousands of dollars worth of scholarship opportunities. They also offer opportunities to give back to your community and help guide people into the profession of engineering.

With the networking possibilities and other benefits I thought that this must be something we already have on campus. Not being able to find it anywhere I emailed Professor Stark to see if she knew anything about it. I quite promptly got an email back saying that yes there was a chapter on campus and that I should get in touch with Professor Brown, their faculty advisor.

So I walked over to Khoury Hall and wandered through looking for his office. I found a door partially open with his name on the door, so I knocked lightly and he asked me to come in. I asked him if our campus had a chapter of NSBE on it, and he said that no there was not. I then asked him if there ever had been and he smiled, turned and pointed at a bunch of trophies on a shelf above his desk saying that yes we used to have a very active chapter on this campus.

However today that chapter is no more, whether it be a lack of interest or just not enough people to sustain, no one knows. What I do know is that we should have one. I talked to Professor Brown about getting it going again. He said that he would be willing to be the faculty advisor, but we would need to recruit enough members to sustain it.

So if you are interested in helping to get a chapter of the National Society of Black Engineers on our campus please email me at l_arthur@u.pacific.edu.
LIFESTYLES

Delta Sigma Theta Presents AIDS Awareness Week

Danielle Procope
STAFF WRITER

Epidemic. It is estimated that as of December 2000, 36.1 million people have been living with HIV/AIDS. The San Joaquin AIDS Foundation says, "The epidemic is growing most rapidly among minority populations and is a leading killer of African-American males ages 25 to 44. According to CDC, AIDS affects nearly seven times more African Americans and three times more Hispanics than whites. In recent years, an increasing number of African-American women and children are being affected by HIV/AIDS.

HIV/AIDS is a worldwide epidemic. For this reason, Delta Sigma Theta Sorority, Inc. decided to host an AIDS Awareness Week, culminating with World AIDS Day, for Pacific's campus.

On Monday the 28th, there was a Sex Education Workshop. An alumna member of Delta Sigma Theta and a counselor came to present to Pacific students and local Stockton high school students. She specifically tailored her presentation to the effect HIV/AIDS has on the black community, and particularly black women. Also, she broadened the discussion to include other common STD's as well.

On Tuesday the 29th, Delta tabled outside of the DUC. AIDS Awareness ribbons were handed out along with facts on how to protect oneself from the disease.

On Wednesday the 30th, there was a Real Talk session, entitled "Let's Talk about Safe Sex," in the Women's Center. Student Peer Educators led the discussion but opened it up to the attending students. The discussion touched upon topics ranging from dating, to the media's representation of sex, and why people sometimes choose not to have safe sex even when they have the option.

On Thursday the 1st, World AIDS Day. Delta partnered with San Joaquin AIDS foundation to provide free HIV testing for students and faculty in the UC Ballroom. It also presented people with an opportunity to ask an employee of the San Joaquin AIDS foundation about ways to further protect themselves and engage in safe sex.

AIDS Awareness week brought a myriad of resources to Pacific's campus in support of lessening and eventually eradicating AIDS, a disease that impacts people of all walks of life and throughout all the world.

Letter from the Lifestyles Editor

During my college career at UoP, I've made many changes in my life. I started out as a music management major but then switched to music composition. In my junior year, I added a second major in film and realized I loved to write. It wasn't until my first senior year, that I finally realized I wanted to write for The Pacifican. I wish it hadn't taken me that long because writing for the newspaper has been one of the greatest experiences of my life. By surprise, the job opened up for the Lifestyles Editor a week before the Fall semester started, and I got the position. Getting to spend 2-5 hours a week (depending on the how long the meetings are) has been the highlight of my week each and every week. But in November, I was forwarded an email by the lovely Editor-in-Chief, Allyson Seals, that described a political journalism program, in Washington D.C., and I applied to it. Two weeks later, I was accepted. However, that meant I would be leaving UoP for my last semester at school and be leaving this paper and all of the wonderful people at The Pacifican.

At UoP, I've gone through losing best friends, a strange ex-boyfriend, getting rejected by music fraternities, and, for those of you who know me, much more. The Pacifican has been the first place on campus where it's felt like home. For this reason, I am sad to leave so soon. But, I know the rest of the staff will finish off the year with a bang and pass on the reins to worthy applicants.

When I am working at my internship in D.C., I will definitely take with me all of the skills I have learned here, and I cannot wait to represent UoP at Georgetown University.

Sincerely,
Brienne Nemiroff
Lifestyles Editor (Fall 2011)
A Pacific Musician's Big Brass Show

Josh Chipponeni
CONTRIBUTING WRITER

On a crisp December evening, the fall season's leaves, steadfastly fixed to their branches and limbs, gleaming their rich colorful banners against a starlit sky, held on through recent wind and weather as nature itself needed to experience the tuba performance of a lifetime by Mr. Adam Zaves.

The University of the Pacific's Conservatory of Music requires Music Performance majors to perform in an original recital as a partial requirement for the Bachelor of Music degree, and Mr. Zaves' performance was a resonant expression demonstrating the caliber of the Conservatory's student performers fulfilling that requirement.

The audience appreciated the instrumental exploration, as expressed by Conservatory student Jonathan Urias, "It was a creative and original tuba performance."

Of the four piece selections, Mr. Zaves was beautifully accompanied by Ms. Sabine Klein on piano twice, performed one solo selection, and delivered a crowd pleasing finale duet with Ms. Mary Calo on the bassoon.

The show closed with Mr. Zaves expressing his gratitude and appreciation to his teachers, and parents for supporting his decision to pursue excellence in tuba performance. Speaking to the reception for the audience following the performance, accomplished guitarist John Maurer said, "The food was good."

Naughty or Nice Dance

[Hosted by Alpha Phi Omega & Xi Chi Sigma]
How to Ace Your Finals

Brianne Nemiroff  
LIFESTYLES EDITOR

The most wonderful time of the year has arrived, and I'm not talking about the holidays. It's finals week! (But once finals are over, then we can celebrate the holidays!) As I've noticed over the years, the average student at Pacific does not know how to study efficiently during finals week. Pulling all-nighters and staying awake purely on caffeine is not the greatest thing for your health and also not the greatest thing for your grades. So if you want to ace your finals, the following tips might come in handy.

Be organized.

Remember those notes you took in class? Well it's finally time to study them. But if they are not organized, they can be useless. For the students that learn visually, it's best to have all of the information that's related near each other on the page so you remember them as a set of facts. For those who learn from repetition, say the notes aloud or write them down over and over so it becomes a habit. It is also important to understand how you learn the best so you can adapt it into your study habits, which leads into the next tip.

Study in the way that works for you.

Do you work better alone or with a group? Does listening to music help you focus or distract you? Some people may think that studying becomes more copable with music but music with words are known to distract more people than not, especially if they know them well.

Get rid of distractions.

Try to stay away from social media. If you catch yourself on YouTube, I highly doubt it's work related. Turn off the television and maybe even put your phone on silent. Do whatever you need to provide yourself with a comfortable work environment and make that your study spot.

Staying healthy is key.

Drink lots of water to stay hydrated ESPECIALLY if you still feel the need to drink caffeinated drinks to stay awake. Caffeine is a liquid diuretic so you could be dehydrated without realizing it. Choosing the right food can help you stay awake naturally and be more efficient. (Look at the Nutricat column for tips)

Relax.

Take deep breaths and stop to stretch once in a while. Sitting in a desk for hours at a time can really start to hurt. So getting up for even 60 seconds can really help. It will get your blood flowing and will instantly wake you up, if not only for another few minutes.

Don't procrastinate.

By the time this issue comes out, this tip might be too late, but there are no classes finals week. Don't make the excuse that you won't see your friends for a few weeks over break so you must hang out with them before you leave. It is finals week so take the time to study. Your friends will still be there. However, it is necessary to take breaks. So if you miss your boyfriend or your best friend, go get coffee with them for 30 minutes and get back to the books. It's only one week. Your friends will understand.

This also applies to professors. If you need help from your professors, try to set up a meeting with them days before the final. The last thing that professors want to see are students waiting outside their office before the final asking questions that really should have been asked two weeks or months ago.

Finals week may be a week when a lot of projects and papers are due and with many tests to take, but it is not like we didn't endure that during the rest of the semester. Unless your grade is borderline, the grade you have is, most likely, the grade you will end up with after the final. So relax, take your time, study hard, and GET SOME SLEEP. Trust me. You do not want the first thing your parents to say when you arrive home for the holidays being, "Wow, you look exhausted" accompanied by pitiful looks. So get ready, set, and go study for finals! Good luck!

How to Eat While Studying

1. Eat regularly throughout the day: food is energy. Your body will prefer to get energy when it needs it, which is all day, rather than fill up at the end of the day. Bring food with you! Try to eat when you are hungry instead of waiting till you are starving.

2. Don't keep "junk food" around: chips, dips and candy don't just appear magically in your pantry. If you don't want to snack on junk food all night, don't buy it in the first place. Instead, stock up on lower-calorie munchies like fruit or popcorn. Change your environment, change what you eat.

3. Choose smart snacks: If you're hungry, eat. But especially if it's late at night, you'll quickly add calories if you're choosing candy, ice cream, pizza, burgers etc. Keep plenty of healthier, lower calorie foods around for when you're a little hungry (fruit, cereal, whole grain crackers, low fat cheese, yogurt, soup)

4. Portion snacks and meals: Serve snacks in a bowl or on a plate and then put the bag away. A very large meal, more than 400 or 500 calories, will likely interfere with your studying by pulling your energy up and focus sharp. Here are Nutricat's top tips for eating right while studying.

5. Protein foods may help you stay alert: Eating a meal high in protein may help you feel more alert and motivated. Examples of high protein foods: lean meat, beans, lentils, low fat dairy, soy foods, high-protein snack bars, nuts (approximately 2-4 Tbsp). Too many carbohydrates may help us relax and feel sleepy.

6. Include fluid, and be aware of the calories: Not only will you stay hydrated, you'll get a movement break by visiting the restroom. Make sure you get a minimum of 8 cups a day, more if you're active or in hot weather. Avoid excess caffeine (less than two cups) as it may affect the quality of your sleep.

7. Avoid eating right before bedtime: Plan your last meal or snack at least 2 hours before going to bed. A large snack or meal right before sleep means your body is working on digesting that meal during the night, rather than resting and repairing other tissues. This can interfere with the quality of your sleep and you may wake feeling tired.

8. Hot foods and liquids are a good choice: hot foods tend to make us feel more satisfied, and steaming hot foods are hard to eat quickly. Nutricat likes instant or canned soup or instant oatmeal. Know where the microwaves/hot water dispensers are on campus to heat up a quick snack or meal.
Hughes Nabs Preseason All-American Honors

Athletic Media Relations

Pacific men’s volleyball junior Taylor Hughes was honored this week after a nationwide voting committee selected 21 players to the Off the Block Preseason All-American Teams. Hughes was listed as a Second-Team All American, while teammates Sean Daley and Javier Caceres received votes from the committee.

The Off the Block Preseason All-American Teams recognizes the Division I-II men’s volleyball players projected to be the best in the nation during the upcoming season. Ten players were selected as Preseason First-Team All-Americans and 11 players were named Preseason Second-Team All-Americans.

Hughes, an outside hitter from Fallbrook, Calif., was a major presence on both sides of the pins in 2011. He was All-MPSF Honorable Mention after he led the Tigers with 465 points and 396 kills. He also turned away 100 attacks, good for second on the team in blocks.

Daley a Moorpark, Calif. native, collected 155 kills while hitting .371 in 2011. The senior opposite was a force at the net with a team-high 166 blocks including 17 solo blocks.

In his first ever-collegiate season Caceres was also selected as All-MPSF Honorable Mention last season. The libero from Guaynabo, Puerto Rico recorded a team leading 278 digs, while collecting 29 assists in 105 sets.

Hughes, Daley and Caceres look to lead the Tigers in their first exhibition match against Thompson Rivers on Jan. 5.

McKenzie Named Big West Player of the Week

Athletic Media Relations

Pacific's Erica McKenzie was named Big West women’s basketball Player of the Week after scoring 17 of her 19 points out-scored the Wolf Pack 13-8 in overtime for the Tigers.

"Our team just really came together, had each other’s backs and just kept fighting," McKenzie said of the comeback after the game.

"It was a total team effort, McKenzie’s three's were definitely the big momentum shift in the game," Johnson, the sophomore guard who added 15 points, said following the win. "[Ashley Wakefield] got the offensive board, and I kicked it out to E for the first one, then we trapped, got a steal and [Rodriguez] found Erica for the second one. It was crazy. Six points in 15 seconds? That was all E, and that really brought us back."

McKenzie connected on five three-pointers, bringing her career total to 117 made threes, seventh all-time at Pacific. The five made threes tied her season-high, equalling the five she drained at then-No. 4 Connecticut on Nov. 19. She ranks seventh in the Big West in scoring with 12.8 points per game, second in three-pointers made with 2.5 per game, second in assists per contest with 4.5 and fifth in steals with 2.2.

The Tigers (3-3) are back in action on Friday at home against Florida in a 7 p.m. tip-off at the Alex G. Spanos Center.
BOB THOMASON


• 2005 Hugh Durham Award Recipient

• Most wins in Big West Conference History 406 (as of December 3, 2011)

CONGRATULATIONS, COACH THOMASON ON MAKING BASKETBALL HISTORY, AGAIN!
Men’s Basketball Bests Utah State as Coach Thomason Earns Historic Win

Bob Thomason Sets Record for Most Wins in Big West History with 65-57 Victory

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SPORTS EDITOR

It was a historic night at the Spanos Center on Saturday, as Pacific scored an impressive 65-57 win over Utah State, who made the NCAA Tournament last season as a 12-seed.

In victory, Pacific head coach Bob Thomason, in his 24th season at the helm for the Tigers, passed former Pacific. It's a great place to work. I'm really happy when we get anything positive for the Stockton community, the University of the Pacific, and for our basketball program. We want to keep doing what we're doing and get back to the NCAA [Tournament] and we've got to keep working hard at it.”

Utah State opened up on a 4-0 run before junior Colin Beatty nailed a three pointer to put the Tigers on the board. After a responding three pointer from the Aggies, Pacific went on a 7-0 run of its own, with a layup from Beatty giving the team its first lead of the game six minutes into the half. The Aggies would tie the game up a few minutes later with three free throws. The teams then traded baskets, making the score 18-14.

Pacific would go on 10-3 run, with baskets from junior Travis Fulton and sophomores Khalil Kelley and Ross Rivera. Utah State would cut the lead to 26-20 before the Tigers went on another run, closing out the half with a three pointer from junior Markus Duran, setting the mark at 31-22 at half.

Duran would help start the second half like the first ended, assisting on a basket back down, Pacific put its foot back on the gas, increasing the lead to 54-37 on a steal by Rivera, who passed it off to Fulton for two free throws. The seventeen point lead was the largest of the game. The Tigers would cruise from there, easily securing the 65-57 victory.

Rivera led Pacific with a career-high 15 points. McCloud had a huge game, scoring 14 points with six rebounds, six assists, five steals, and two blocks. Fulton had a team-high eight rebounds with two steals.

In addition, the game was part of Pacific's Holiday Game Nights. The Pacific Basketball Program partnered with the California Highway Patrol and their 13th annual CHiPs for Kids Toy Drive. At the game, anyone who brought a new, unwrapped toy to the game would receive a complimentary admission ticket. The toys will be delivered to disadvantaged and hospitalized children.

“We are thankful that UOP participated with us this year,” Officer Adrian Quintero, Public Information Officer for San Joaquin Valley Division, told The Pacifican. “This is our first year participating with you guys so we definitely appreciate it.”

The next Holiday Game Night will be on Friday, December 9. That game will feature Pacific’s Women’s Basketball Team hosting top SEC contender Florida at 7:00 PM. The Men’s Team will return to action on Saturday, December 10 as they travel to San Francisco.
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