The Pacifican February 2, 2012

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Meet Your Future! - Next week at Pacific

Carrie Fung
STAFF WRITER

Next week, the Career Resource Center will present "Meet Your Future: Head in the Right Direction." Meet Your Future includes an all week mock interview event and two workshops.

All week long, over 30 different employers will be giving mock interviews to the Pacific students who sign up. These employers will provide students with feedback and advice for job interviews. On this list of employers, you will find companies such as Farmers Insurance, Frito Lay, Wells Fargo, and local organizations like the Delta Blood Bank, Stockton Ports, and the Women's Center of San Joaquin.

"Live" from LinkedIn, will be held on Tuesday, February 7th, at 12PM in the Regents Room. Alumna Erin O’Harra is a LinkedIn PR Associate. O’Harra will speak via live broadcast about why Pacific students should all have LinkedIn accounts, and how students can develop their professional network.

The second workshop, The Gritty Truth from Employers, will be on Thursday, February 9th, at 12PM in the Regents Room. Employers from Starbucks, Maloof Sports & Entertainment, National Security Technologies, and Community Bank of San Joaquin will talk about what makes a great resume. These employers will also share what they look for in a resume, and why some never get read.

Signing up early will ensure better selection of employers and time slots for the mock interview event. There are also limited spaces for workshops so be sure to RSVP as soon as possible.

STAFF WRITER

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Pacific Holds University Wide Strategic Planning

George Do
CONTRIBUTING WRITER

On January 28th, the University of the Pacific invited alumni, faculty, and students to the University Wide Strategic Planning Commission. New and old members came to have their voices heard in how the school would move forward over the next 10 years. The ideas of the attendees would be carried through by the Strategic Planning Commission to analyze how the better ideas can be implemented.

This meeting primarily dealt with the topic of Pacific's ability to improve the university across all three campuses and in the face of a growing and changing environment. The ideas could be big or small. They just had to fill the criteria appropriately at this stage in the process. The meeting was divided into four one-hour portions to try to accomplish this: opening statements, developing ideas, revising ideas, and voting with closing remarks.

The opening statements began with the goal of the day and descriptions about each step. People were seated by last digit of Social Security number. Regarding this, ASuop Senator Stephen Seely remarked, “seating people by Social Security number, rather than by school or department was a good way to integrate multiple viewpoints at each table. In my experience, I found that these diverse perspectives allowed for groups to discover and discuss the issues that affect our university as a whole.”

The short discussion phase started soon after this to try to determine a large goal that the university should strive to produce. The students at the event such as Hiram Jamison, an engineering management and business major, remarked about how receptive the older faculty was to their side of the story and their ideas. Hiram said, “I felt the faculty, staff, et cetera really wanted to hear my views on various issues.” Each of the tables took in the various viewpoints and thought up several ideas that would be refined in the next stage of the meeting.

The refining stage involved choosing two of the ideas to improve the University of the Pacific. This stage was not used to make an idea more realistic, but to articulate the idea to allow others to understand the fruits of the group’s labor. These ideas were written and displayed around the room for everyone in the room to see and vote. Each participant was given six votes to choose the best ideas out of the possible forty options. Some ideas ranged from integrating the community more with the university through partnership programs with the local high schools and community college to expanding the university to a campus in China.

Sophomore physics major Justine Tang complimented the freedom of the voting process as “it allowed the big ideas to be big ideas, instead of being bogged down with explanations. And even though there were a lot of stickers on posters I didn’t necessarily agree with, there will be a space for students to voice their opinions as well.” Some of these ideas that faced criticism was the mandatory installation of other majors, more liberal majors, or second majors. These ideas are just some of the ways the participants considered making Pacific better in order to compete in the changing world. After the voting, President Eibeck remarked about the work done today and recognized all the people that helped make the day possible.

Overall, there was a diverse amount of people who attended. The ideas, the symposium will be analyzed by the Strategic Planning Committee to be grouped further and brought back to public opinion over the next few months before being brought to the Board of Regents. There will be a student summit about these ideas on February 29th before being analyzed at the alumni summit on March 3rd.

An Evening of Music With Pacific’s Symphony Orchestra

Carrie Fung
STAFF WRITER

Saturday, February 4th, the University of the Pacific Symphony Orchestra will be presenting an evening of music under the direction of Dr. Nicholas Waldvogel, who also teaches conducting and music history.

The program will include Palindory for 14 Players by alumnus Yoshiaki Onishi. As a doctoral candidate in music composition at Columbia, Yoshiaki Onishi has been dubbed by New York Times critic Anthony Tommasini as “a composer who can draw such varied, eerily alluring sounds.”

Two works by composition professor Dr. Francois Rose will also be featured. “From a Distant Mountain, a Ray,” a piece inspired by a Buson haiku, was originally written for the XYZ Saxophone Quartet and the Symphony Orchestra under the direction of interim director Peter Jaffe. Our Symphony Orchestra will perform the piece with the Premier Saxophone Quartet. The concert will premier Rose’s composition “L’Ombre Australe de Mineko,” which recaptures the essence of the silence mentioned in Sanhirô by Soseki.

Also on Saturday night’s concert is Debussy’s “La Mer - Trois Esquisses Symphoniques.” The title is French for “The Sea - Three Symphony Sketches for Orchestra.” La Mer is a depiction of the ocean with the help of some wonderful harmonies.

The concert is this Saturday at 7:30 PM in Faye Spanos Concert Hall. Pacific students get in free with ID, but general admission is $8, and $5 for seniors. Adam Green, a freshman in the Conservatory of Music and a violinist in the Symphony Orchestra, says the concert “will be a testament to the variety and beauty of music that comes from Pacific.”

GodINJustice Event Encouraging Students to Reach Beyond Our Gates

On Friday night at Grace Covell’s Banquet Hall, the Black Campus Ministries and the Pacific Christian Fellowship co-hosted the campus-wide GodINJustice event to address God’s heart for the poverty and injustice in Stockton and throughout the world. Many students within and outside the fellowships arrived at the event and received bricks at the door.

The NewLife Band, began with a musical performance. Kyle Sasai, a member of the PCF’s Justice Team, and Destiny Robbins, a representative from the Black Campus Ministries, were the two co-hosts of the event. After the introduction, keynote speaker, Rob Merrill, a volunteer from the International Justice Mission, gave a talk on modern injustice issues, including slavery, forced prostitution, as well as under injustice.

Kyle Sasai says in reflection on the event, “We especially have an opportunity here in Stockton, as we’re called to serve and aid those around us, just as President Eibeck asked us to reach out Beyond Our Gates. As Pacific students, we often maintain a perspective that we’re living in a bubble — indifferent or unknowing of those in need just minutes away from where we have classes every day. However, we have the opportunity to make a huge impact on the community in need around us, and this event reminded me that it’s not enough just to learn about it or hear the cries for help, we ourselves have to bring about justice and change.”

After the speeches, students had the option to go to the laptops at the back of the room to sign-up to volunteer in various outreach events in downtown Stockton throughout the next week.
Candidate Ricky Gill Visits Pacific

Mitchell Woerner
STAFF WRITER

Ricky Gill is the Republican candidate for the 9th District in Congress, and last week he visited the University of Pacific to talk about his campaign and his platform, a difference at a young age. Currently he is 24-years-old and will soon be 25, making him eligible for the House of Representatives. He briefly went over the background of how he was born and raised in Lodi by his immigrant parents.

In addition to owning a small business in the agriculture field, he was appointed to the Board of Education in 2004 by former governor Arnold Schwarzenegger. As the youngest member of the Board, he fought for the High School Exit Exam and authorized charter schools.

Incumbent, Jerry McNerny, doesn’t even live in the district, as he still has residence in Pleasanton.

This past election cycle was about taking Baby Steps to fund childcare services on campus, explains Robbins before referencing a comment Associate Dean Dobbs had made in her speech on the history of the movement at the event. “There are specific grants for childcare services, and out of the 10 or 15 private colleges that Pacific considers comparable to itself, all but one have childcare and even that one college subsidized childcare.

So with this in mind, all supporters of Taking Baby Steps are optimistic of the club’s initiative. “It's about changing the campus culture for everybody,” Corrie Martin stated in reference to what the Taking Baby Steps program was about. Taking Baby Steps would also like to thank their partners and supporters: Parent Voice, Family Resource and Referral, the Women’s Resource Center, Up ‘Til Dawn, WIC, and Black Family Day.

For more information or questions on how to get involved, please contact Taking Baby Steps at pacificatakingbabysteps@gmail.com.
Increasing Child Literacy in Stockton

by Sara Menges
NEWS EDITOR

Comm 151, a course on “Community-Based Learning,” gives students the opportunity to apply classroom skills and knowledge to real community projects. Taught by Dr. Jon F. Scicchitano, a group of students from the class are producing a video project this semester for the Mayor’s Book Club, a committee that promotes literacy in Stockton.

To kick start their partnership, last Wednesday January 25th, Mayor of Stockton, Ann Johnston, and Administrator of the Early Childhood Education Program at Stockton Unified School District, Deborah Keller came to campus to meet with the student group.

Seated at the head of the table, Mayor Johnson raised the topic of why it is important to read to children by showing an informative video on the development of a baby’s brain. The video explains the necessity of reading for the brain’s development. “A baby’s brain is hungry to learn and to know,” explains the narrator of the video before stating that, “children who aren’t fed that hunger early find it harder in life later on.” Overall the video encourages parents to increase interactions with their children early on.

Mayor Johnson and Keller both agreed with the message that the video provided. Keller explained that it was a reminder to live a slower paced life and state that “When you have children you take your time with them. You’re not texting or on the computer.” Instead she recommends that parents should be reading.

With this in mind, as a project of the Mayor’s Book Club, Read to Me has partnered with Dolly Parton’s Imagination Library to provide books to pre-school children in Stockton. The Imagination Library was founded in 1996 by Dolly Parton to benefit children in her home county in East Tennessee. As quoted on the website, Dolly Parton wanted to “insure that every child would have books, regardless of their family’s income.”

In 2000 the program was available to be replicated in communities that wanted to partner with Dolly Parton’s Imagination Library. Today it exists across the United States, Canada, and the United Kingdom. For partnerships, communities such as Stockton would be responsible for signing up children and families as well as raising the funds to send the books. Dolly Parton’s Imagination Library would then be responsible for mailing out the books to the registered address each month.

So to start the program in Stockton, all zip codes within the city’s limit were ranked by reading proficiency rates. Due to issues of frequent transition in the top zip code, the program was first introduced to the 95205 area. In the first month, up to 300 children were signed-up for the program, and today over 700 children have signed-up.

“IT costs about $2 to send the books, so it’s very cost effective” explains the Mayor. From calculations it would cost $25 a year to sponsor one child, giving the child access to a total of 12 books. Funding that has been raised so far towards the program is $43,000 with $36,000 of that in the bank.

Although they must make sure sufficient funding exists for the program, there is also another concern that is being tackled. “A challenge would be the outreach in communities,” comments Keller. “We know almost 2,000 children are living in that area (zip code 95205), and we’ve signed up to 700. It’s reaching them and getting the word out that is important.”

Therefore, the video initiative that the students of Comm 151 will be working on with the Mayor’s Book Club is to create a marketing tool that will highlight the importance of parental involvement with reading. These videos could be shown to parents, but might also be provided as a link on the Mayor’s website and broadcasted on local Channel 97.

“I have always believed the sooner you teach children to read, the more prepared they are, the more successful they will become,” explains Mayor Johnston about why she has chosen to support improving literacy rates in Stockton. “My goal as Mayor is I hope to see every pre-school child in Stockton be part of this program.”

Occupy Pacific

by Juliene Sesar & Karla Cortez
LAYOUT EDITOR & COPY EDITOR

Occupy Pacific will be holding a meeting this Friday February 3, at 6PM in Raymond Great Hall. At this meeting the organization will decide collectively on how the movement will continue in the future at Pacific. Students, faculty, staff, and Stockton community members are encouraged to come to the meeting.

Occupy Pacific will be discussing a wide variety of subjects including the tuition increases discussed at the town hall meeting with President Pamela Elbeek.

“What are we supposed to do with all of this debt?” questioned Melissa Davis, C.O. 2014. “We’re going to college because it’s expected of us. You can’t get a job now without a college degree, but we are basically selling our souls for it.”

Students’ concern regarding tuition increases is widespread as a large amount of students may be affected by the Cal Grant which many speculate may be cut by 44% by the new budget.

In regards to the cancellation of the January 20 Occupy Pacific event, Alexis Duclos C.O. 2013 was able to clear up the matter.

Duclos stated, “Nothing got planned. That’s just the truth of the matter. We couldn’t even decide on a name; we couldn’t decide on what we wanted to do, and when it came down to it, like there was literally no planning. I think a lot of students walked away knowing that they [University Administration] weren’t voting on it [the date tuition would be decided] next week; they changed it, because it was supposed to be the 18th through the 21st—they were supposed to make that decision, but they moved it to the next Regents’ meeting. I think that changed the pressure that students felt that they had to do a demonstration, and I am hoping that when the next Regents’ meetings come around, we’ll do that.”

Due to the fact there is a lot of contention within Occupy Pacific about its name, organization, and issues that the organizers plans on taking up, the members did attend a teach-in this week. Professor Analise Richard of the School of International Studies hosted this event on Tuesday, January 31st regarding public assembly and peaceful protest. Occupy Pacific wishes to grow as an organization, and if you are interested in voicing your opinion as a student, you can contact Melissa Davis, Alexis Duclos, or James Follett via their u.pacific.edu emails.
Childcare On Campus: Perspective of a Student Mother

Destiny Robbins
CONTRIBUTING WRITER

Student parents are all around us. They might not be recognizable at first glance, but their presence on campus is met with an array of challenges in the real world, from child rearing, to full-time work, and back to campus, where most juggle a full-time class schedule.

According to the Institute for Women's Policy Research (IWPR), student-parents make up nearly a quarter of the undergraduate students in the United States. In the current state of our country's economy, it's no wonder why this number is high. More and more parents are going back to school due to the increasing need for a college degree in order to survive a competitive job market.

What these parents are often are not being met with, however, is the assistance required to be a student. At least, not here at Pacific. "It would allow me to graduate on time; I have to limit the courses I take, and also the hours that I can work. This makes it difficult to provide for my child in the way that I want to," said Ashely Bonda, a junior nursing major.

An expecting mother, Ashley Bonda, a junior double major in English and theater arts, commented, "It would benefit me because she will be closer to me in case of emergencies, and it would be more convenient for breastfeeding. It would help my academic career knowing that there are responsible students looking after my child while I finish my degree and work to provide for her."

Secondly, the provision of childcare facilities will aid the university in not only retaining more diverse students, but also retaining them until graduation. IWPR research has found that "child care is a crucial factor in determining whether or not parents choose to pursue postsecondary education." I childcare. When I found out that there are responsible students looking after my child while I finish my degree and work to provide for her, I was moved to action.

When parents have to decide on the classes that they can take, they have to budget out time based on the availability of childcare. That means, those important night classes are out of the question, no matter how crucial they are to their completion, no matter how cool the professors, no matter if your work schedule only allows for this time.

Having on-campus childcare would allow for more flexibility with scheduling for study time, especially when those group projects arise. These student parents were either students first or parents first, but either way, they are a part of the campus community, but oftentimes it may not feel like it.

Most of Pacific's parents are hidden because they do not want to be set apart. However, they are the ones who may not so easily enjoy attending our Janet Leigh Theater or getting a workout at Baun, even though they pay for all of these services.

Let's face it; a vast majority of our students are sexually active. Really consider what it would do if you found yourself expecting a baby. Let's even think about that faculty member who wants to attend your event, or stay after class to help you succeed, but cannot because they have to drive miles off campus to pick up their child. Lastly, graduate students who should not have to choose between their thesis and childcare.

There are so many more reasons and benefits that could be offered as to why on-campus child care is vital. The Taking Baby Steps event may have passed, but the issues are still important and current.

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I think it'd be a very good idea. I have a lot of friends who have kids. It'd probably be better to have it here.

I'm for it. I don't think we've considered the fact it would help the professors a lot.

Yes, I support childcare on service on campus. I think it would be a great asset to faculty and students on campus.

I feel like it's a cool idea, but I don't want my tuition to rise from it.

I think it's a good idea, but what I wonder is, are there sufficient funds and a demand for the childcare services?

We should help support and uplift one another when possible. An on-campus childcare would mean that I could continue my endeavors in enhancing the Pacific community while benefiting me because of cultural, and social groups I am involved in," said Rayven Williams, a junior sociology major, ethnic studies minor and mother to a newborn.

The availability of childcare services to student-parents, faculty, and staff members is a viable option the university could benefit from because they are in close range to them.

An expecting mother, Ashley Bonda, a junior double major in English and theater arts, commented, "It would benefit me because she will be closer to me in case of emergencies, and it would be more convenient for breastfeeding. It would help my academic career knowing that there are responsible students looking after my child while I finish my degree and work to provide for her."

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Upcoming Student Events

Friday, 2/3
ASuop Presents: Tiger Nights
8PM-12AM UC BALLROOM

Saturday, 2/4
Xi Chi Sigma Presents: STKs and Stones Jam
4-10PM AT THE UC BALLROOM

Gospel Fest 2012: Reach Out and Praise
7-10PM AT ATHERTON AUDITORIUM AT DELTA COLLEGE

Monday, 2/6
"Battle of the Bands"
APPLICATIONS DUE

Tuesday, 2/7
Say It Loud
8-10PM AT THE LAIR

Movie This Week

The Help, 2/2

Tiger Nights
Event This Friday - Casino Night

This Friday, ASuop will be hosting a casino-themed Tiger Nights event. Held in the UC Ballroom, Pacific students can come and try their skills at classic casino games such as poker, blackjack, and craps to win their way towards prizes such as a 32" TV or an iPod touch. The event will also feature live music and free food, as well as an announcement regarding the upcoming spring concert.

Pacific Honoring Black History

Black History Month event flyers can be seen across campus.

Jesse Voelkert
LIFESTYLES EDITOR

Black History Month has been celebrated annually in February in the United States since 1976. This February at Pacific there are a number of events that will be hosted in celebration of Black History Month. The events of the month started off with an official libation ceremony February 1st at the Alumni House at 4PM. On February 4th, Gospel Fest 2012: Reach Out and Praise will be presented at Atherton Auditorium on Delta College's campus. The event will feature Deon Kipping and James Fortune, who are both nationally-recognized gospel artists. While there will be a gospel concert, attendees are also strongly encouraged to donate items for the Gospel Center Rescue Mission Family Shelter.

Tuesday the 7th, a hip-hop, poetry, and spoken word concert will be hosted in the Lair, as mentioned in the event description, "to promote self-expression through music and poetry in honor of black history month." Featured artists will include Jay Es, Masked Avengers, The Hip Hop Congress, Kidd Atlanta, and DG. There will also be an open-mic for Pacific students to express themselves. The event will be held from 8-10PM.

Another poetry event is a visit from Tyehimba Jess on February 16th at 7PM in Room 140 of the Wendell Phillips Center. Jess is currently a teacher of poetry and fiction at CUNY College of Staten Island, and his work has been featured in a multitude of performance events.

The keynote speaker for Pacific's Black History Month celebration will be India Arie, a two Grammy award winning singer, producer, songwriter, and humanitarian. India Arie has sold more than eight million albums, and has earned 17 Grammy nominations and four NAACP Image Awards. She has also made several trips to Africa as a UNICEF ambassador. India Arie will be giving a performance in addition to her lecture. Tickets are on sale at University of the Pacific's DeRosa Center at a discounted student price of $10 dollars. About 500 tickets have been reserved for Pacific students.

There will also be a number of films featured in Janet Leigh Theatre to coincide with Black History Month - The Help playing February 3rd and the 4th, and For Colored Girls playing February 23rd.

And these are only just a few! For a full schedule of events check out go.pacific.edu/BlackHistory.

Capturing the Ball

Jesse Voelkert
LIFESTYLES EDITOR

Pacific's first Yule Ball, hosted by resident Harry Potter aficionados at Dumbledore's Army, garnered more than 300 people this last Friday. Many who attended came decked out in their wizard robes, sporting the colors of their favorite Hogwarts house. Others simply dressed up nicely, wearing slacks or perhaps a dress. Outside of the dance, visitors also had a chance to take a photo with the cardboard representations of star characters Hermione Granger, Ron Weasley, and Harry Potter.
Carano Packs a Punch in Haywire

Ruben Dominguez
SPORTS EDITOR

Channing Tatum, Ewan McGregor, Antonio Banderas, and Michael Douglas are just some of the high-profile stars featured in Haywire, the high-octane action film directed by Steven Soderbergh. The actress everyone is talking about has none of the star power of her costars. In fact, even though she is cast as the lead role, she makes her feature film debut in this film.

Once considered the top female mixed martial arts fighter in the world, Gina Carano stars as Mallory Kane, a contractor with a private firm hired to carry out covert assignments for the United States government. Carano, nicknamed “Conviction” and known to some audiences as “Crush” on NBC’s new American Gladiators, is her own stunt double in this spy thriller, which keeps audiences guessing until the film’s end.

The fight scenes in Haywire are noticeably different than other action film fight scenes. Carano, with her mixed martial arts background, brings an added dimension to the fight scenes. Blending in MMA’s kickboxing, wrestling, and submission fighting (including arm breaking) to the traditional boxing style seen in fight scenes, Carano provides a refreshing twist to the film. Another aspect of the fight scenes is that Soderbergh does not add sound effects, instead letting the natural sound flow. This is refreshing, and adds a shocking but welcome realism to the fight scenes.

In the scenes between the action, Carano does not look as natural. Granted, this is her major film debut. Still, she didn’t exactly stun the audience in Haywire. She didn’t convince the audience she was bad, or happy, or shocked when she was supposed to. However, she wasn’t completely stoic either. This role—a badass, kickass secret agent—was a good start for her. She didn’t look too much like a fish out of water. Carano does not get outshined by her vastly superior costars. She does not assume that every track is a hit.
Restaurant Review: Casa Flores Restaurant

Natalie B. Compton
SOCIAL MEDIA COORDINATOR

Want fast, cheap Mexican food? Forget the taco truck; Casa Flores Restaurant on the Miracle Mile is tasty and affordable without the wait, though the speed and price come with a few downsides.

Casa Flores fits the bill for a college student’s budget with entrees priced around $9. This includes some of the restaurant’s special dishes like Alambres: diced steak mixed with vegetables, bacon, and cheese for $9.50. Craving seafood? Order a plate of camarones al mojo de ajo for $11.50. Portions are generous as entrees come with rice, beans and tortillas.

Another steal is the lunch or dinner plates. Choose two items and get rice, guacamole, and lettuce for about $8. With a large list of items, the possibilities are sure to satisfy nearly any preference.

The restaurant serves a wide variety of super burritos ranging from the expected to the novel. Try the California burrito that combines carne asada, French fries, and cheese for $6.75. Vegetarian options are also available. Try fajitas or a super burrito without the meat. Beans can be ordered whole instead of refried.

Wake up at 2PM and want to start the day off right? Breakfast at Casa Flores is served all day.

As far as beverages go, forget the hard stuff. Casa Flores has only beer and wine (which is served in individual screw top mini bottles). They make up for the lack of tequila by offering a few types of wine margaritas. For those under age, try the horchata, a sweet rice milk drink.

The low price tags of the food have their trade offs. Instead of glassware, water is served in old plastic Coke cups. The menus, encased in plastic, are often covered in salsa drippings.

Despite these drawbacks, there are very charming qualities of the restaurant. They serve homemade guacamole, provide very cordial service, and have epic paintings strewn about the place. To top it all off, the food always comes out quickly.

Casa Flores may not be the place to bring the parents when they come to town, but it is a great choice for those who want to eat some Mexican food in a comfortable setting for about ten bucks. The food is good, the atmosphere is decent, and the price is right. No reservations are necessary. Stop by Casa Flores on 1831 Pacific Avenue.

The Fallacy of Moderation

Alexandra Caspero
CAMPUS DIETITIAN

In light of the recent Paula Deen type II diabetes scandal, I thought it would be a good time to address the age-old notion “everything in moderation.”

The first step is to define exactly what moderation means. Unfortunately, we have no standard measurements of moderation. To some, it could mean a candy bar once a month, to others, it means cheeseburgers three times a week. The problem is that most of the foods we use to justify eating in ‘moderation’ have a detrimental effect on our health: added sugars, refined grains, sodium, and saturated fat. The standard american diet typically consumes over 200% of the recommended upper limit on these categories.

Conversely, there are foods that we know are very beneficial to our health - fruits, vegetable, whole grains, and fiber. These are foods we should be eating more of, especially if we are using the moderation argument. So, how does the standard American diet stack up to the recommended amounts of these foods? On average, we consume about 40% of the recommended minimum intake of fruits, vegetables, whole grains, and fiber. In addition, over two-thirds of Americans over the age of 20 are overweight, and one-third of americans over the age of 20 are obese. We did not get this way by consuming “all things in moderation.” We got this way by having a diet full of excess. We should not be consuming Oreos as often as broccoli.

I’m not saying we cannot enjoy treats every now and then, but they should be consumed much less frequently than the cornerstone foods of a healthy diet: fruits, vegetables, whole grains, fiber, and very lean proteins. So how do treat foods fit into an everyday diet? By doubling the intake of fruits, vegetables, and fiber and cutting in 1/2 consumption of added sugars, saturated fat, and sodium. This is NutriCat’s definition of “all things in moderation.”

Comments, questions, concerns? Let NutriCat know on Facebook or nutricat@pacific.edu
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Yoga: the Tiger X Class that Relieves Stress

Teryn Porter
STAFF WRITER

For those of you who want to change up your daily workout routine, you may want to consider trying out a yoga class in the Baun Fitness Center. In addition to keeping you toned and flexible, yoga may also help with stress and anxiety, and might be the perfect way to unwind after a long and difficult day. After trying yoga out last Wednesday, I've already made plans to go back to classes in the future to receive all the benefits that yoga has to offer.

Classes are convenient in that you don't really have to bring anything — including shoes. The workout is done barefoot (or in socks, if one prefers) and yoga mats are provided if you don't happen to have one. So, the only thing you really have to bring is yourself.

The class starts out with a very relaxing pose; participants are asked to lie on their backs and completely relax their bodies before the yoga work out starts. At first, I was a little skeptical that the class would get any more rigorous than that. But after about ten minutes of rest and relaxation, the class kicked it up into gear and the workout began to get more difficult.

The poses that the yoga instructor leads you through are not terribly difficult to do. Each can be modified or changed depending on a person's level of physical ability, and it is expected that the more a person spends doing yoga, the better they will get at the different poses. However, the poses become difficult after you have had to hold them for a period of time. I was surprised to find that holding simple positions actually caused my muscles to grow tired and sore. The instructor guides you through the stances, all the while reminding you to focus on your breathing. I found that this allowed me to focus on something other than the fact that my muscles were burning, and allowed me to hold the positions for a longer period of time. I don't know if this was the intended result, but it sure helped me get through the workout. Another aspect that I enjoyed about the workout was the alternating of difficult positions with easier ones. After holding a rather difficult stance for what seemed to be a long time, it was nice to do a simpler pose and let my body relax before moving onto more difficult positions.

At the end of the hour and a half workout, I not only felt completely relaxed and at ease, I also felt as if I had received an excellent workout. The results were even more pronounced the next day when I realized I was actually sore from the class. Although I went in without having high hopes, I have come around to yoga and plan on attending more classes in the future.
News and Notes

SWIMMING: Both the Men's and Women's Swimming teams hosted UC Santa Barbara in the 2011-2012 regular season finale on Friday, falling to the Gauchos 158-100 and 159-102, respectively. Both teams honored their seniors, who swam for the final time at home as a Tiger. The Men recognized seniors David Banks, Kevin Byers, Kieffer Holmes, Nathan LeRoy, Jack Pope, and Roger Ward. The Women bade farewell to seniors Ellen Barton, Lia Santini, Jayme Swalin, and Elena Waltermann. Both teams will have a few weeks off before concluding the season at the 2012 MPSF Championships, which will be held at Long Beach State February 15-19.

MEN’S TENNIS: Pacific rebounded from back to back losses to open the season with a dominant 6-1 win over UC Davis in the 2012 home opener Saturday. Every single Tiger who competed in singles play—seniors Ivan Castro and Tomasz Kryszkowskii, junior Alex Golding, and freshmen Erik Cederwall, Valentim Concalves Jr., and Ben Mirkin—won their respective matches, only one of which went to a third set.

WOMEN’S BASKETBALL: The Tigers went 1-1 on weekend action, the middle two games of their four-game road trip. On Thursday, the team fell to Cal Poly 74-64. Junior Kendall Rodriguez led Pacific with 14 points in defeat. Saturday, the Tigers ended the game on a 12-2 run, coming back to take a 52-48 win at UC Santa Barbara. Junior Erica McKenzie totaled a team-high 14 points and two steals, while Rodriguez added 11 rebounds.

MEN’S VOLLEYBALL: No. 12 Pacific travelled to Ohio to take part in the Ken and Dave Dunlap Invitational. Friday, the Tigers battled host No. 10 Ohio State, taking the first set but ultimately falling 3-1. The following day, Pacific again took the first set, but still fell 3-1 to No. 8 Penn State.

WOMEN’S TENNIS: The Tigers opened the 2012 home schedule on Friday, falling to Oregon in a close 4-3 meet. Senior Summer Irvin, sophomore Susan Te, and freshman Iveta Masarova were victorious in each of their singles matches.

MEN’S BASKETBALL: Pacific finished off a four-game home stand over the weekend. Thursday, the Tigers defeated Cal Poly in a 61-51 game. Junior Markus Duran led the team with 14 points, while sophomore Khalil Kelley totaled 13 points and eight rebounds. Saturday, despite coming back from 13 points down, Pacific fell to UC Santa Barbara 56-53. Junior Lorenzo McCloud contributed 20 points and a career-high eight rebounds. In addition, it was announced that Pacific would host Idaho State on Saturday, February 18 as part of SEARS Bracketbusters, presented by ESPN.

Standings (as of Feb. 2, 2012)

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PACIFIC SPORTS SCHEDULE

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Stagg Award of Honor Recognizes Three Alumni: Patty Berg-Burnett, Morrison England, and Gene Nyquist Honored by Pacific

Jesse Voelker
LIFESTYLES EDITOR

Established in 1981, the Amos Alonzo Stagg Award of Merit is an award given to University of the Pacific alumni who have participated in college sports while attending Pacific. They are merited for having found success in their professional lives while living up to the ideals set by football coach Amos Alonzo Stagg. This year's 2012-2013 ceremony was held on Saturday, January 28th and presented the award to Patty Berg-Burnett ('80), Morrison England ('76), and Gene Nyquist ('52). Amongst the attendees were members of Pacific faculty, as well as a number of alumni, Regents, and past award recipients.

The ceremony began with opening remarks from both Master of Ceremonies Duana Isetti ('63) and President Pamela Eibeck. "We have three stellar Pacificans we will be recognizing," commented Eibeck, "They were absolutely stars in their day." Aside from athletic ability, Eibeck also explained the award is served "to honor those who represent the ideals set by Amos Alonzo Stagg." Eibeck gave special mention to the importance of school athletics, saying "Athletics truly is a powerful way to set high standards and to bring the university together."

After the opening remarks and lunch, Jim Dugoni ('86), Associate Director of Athletics, told the audience of Stagg's legacy. "His coaching was not only renowned for his success on the field, but for his inventiveness," described Dugoni. Stagg also had a strong connection with the teaching aspect of coaching. "Stagg made it clear he was first and foremost an educator," describing Stagg's mentality that "winning games is a factor, but it is not the most important factor." Stagg produced a multitude of innovations in football that are still used today, such as the "lateral pass" and "man in motion." University of the Pacific's football and soccer stadium was also named the Stagg Memorial Stadium in his honor.

Patty Berg-Burnett was the first alumni to receive her award, having been a star volleyball player during her entire Pacific career, culminating in being awarded McGeorge Law School, England eventually rose to the position of federal judge, nominated by President George W. Bush, and assumed office in August of 2002. "I am as honored as I can possibly be," explained England. "The reason I can stand here is based on the education and friendships I gained here from the University of the Pacific." England described the important bond between all past and present students of Pacific. "That's the one thing I want to convey about this university every single day." England has also been a member of the Board of Regents since 2006.

The final award was presented to Gene Nyquist, who was both a star swimmer for Pacific, as well as one of the first to pioneer water polo at Pacific. After graduation, Nyquist was drafted into the Army during the Korean War in 1953, after which he moved back to Sacramento and began his swimming and water polo teaching career. Nyquist has been named NorCal Coach of the Year four times, and was named California Coach Associations "Coach of the Year" in 1980. "I am awestruck," commented Nyquist on his nomination, "Even if nothing more my name is associated with Amos Alonzo. I was a student when he was just finishing up his coaching here. I owe so much to so many people." The water polo program Gene Nyquist helped start is now considered to be in the top 10 water polo programs.