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Pacific Recognized on Obama's Service Honor Roll

Sara Menges
NEWS EDITOR

The University of the Pacific's Community Involvement Outreach efforts have been officially recognized for the 2nd time in four years by the President's Higher Education Community Service Honor Roll. The Honor Roll was established in 2006 in order to recognize universities and college students who are active within their community. The first efforts that initiated the creation of the award were Hurricane Katrina relief efforts.

After being previously recognized in 2009, this year Pacific has been recognized as part of the 2012 Honor Roll recipients, demonstrating the impact and effort of the Pacific community. Programs offered at pacific that have contributed to the recognition includes MOVE (Mountain Ocean Valley Experience), the Summer Success Leadership Academy, and the Student Financial Aid and College Awareness Workshop.

"Community service is a tradition that Pacific students, faculty, and staff take great pride in being a part of," comments Elizabeth Griego, Vice President of Student Life at Pacific in a press release on the recognition. “The Pacific community is deeply committed to the many ways the University serves the Stockton area.”

At the Stockton campus alone, undergraduates have logged in service hours exceeding 10,000 hours each year. Pacific's Center for Community Involvement (CCI) contributes greatly to these numbers as they have officially pledged to contribute 10,000 hours themselves.

"At the CCI, our Reach Out Program strives to be the link between Pacific and the Stockton community in the hopes that we can form a reciprocal relationship that not only empowers our students to continue the tradition of giving back to their community, but also, shows the community that we care and we are here, not just as students, but as citizens of Stockton. That we all share this space and are all responsible for its well-being," explains Chelsea Wood, Reach Out Coordinator at the Center for Community Involvement.

"Being out in the community, whether it is helping build a house with Habitat for Humanity or volunteering at the Boys and Girls Club, gives students a chance to be involved in something bigger than themselves" continues Wood on the significance of the outreach opportunities that exist for Pacific students.

For more information on getting involved at CCI please contact them at (209) 946-2444 or cci@ pacific.edu. Be a part of Pacific’s tradition of service and reaching out into the community. As Wood concludes, "As far as Obama’s Honor Roll, I think that student's participation in community service is the biggest catalyst for change in this country. We are honored to be acknowledged in this way!"

Healing Stockton: Phi Delta Chi Hosts Health Fair

Ryan Spencer
CONTRIBUTING WRITER

This past weekend Pacific students reached out to the community in the 3rd Annual Multicultural Health Fair. Members of the Phi Delta Chi pharmacy fraternity hosted the fair on Sunday, March 25th, from 11AM to 4PM.

Phi Delta Chi is a professional pharmacy fraternity whose mission is to "develop leaders to advance the profession of pharmacy". Phi Delta Chi also strives to strengthen the community and provide a variety of free health services. These health screenings that were provided included services such as oral cancer exams, blood pressure, cholesterol, diabetes, and osteoporosis screenings.

"It felt really good helping out the community and I think the turnout was a little lower than we expected, but it was still a good turnout," commented Jonathan Cho, member of Phi Delta Chi. "We were expecting a lot more because we have a lot more vendors this time."

Despite this, the turnout rate had improved from their last year's event. Vice President of Phi Delta Chi, Daniel Salas said that this year's turnout was 94 clients, which was 34 more than the previous year. Salas stated that for this year's event, they made sure that there was advertising on campus and in the community.

"We put posters up on the street side," explained Salas. It was made clear that the event was "free and open to the public". Salas also stated that they provided educational materials at the event. Free medication therapy management services were offered and patients also had the opportunity to review their prescriptions.

The event however was also beneficial towards the students putting it together. Kate Lee, first year pharmacy student and volunteer at the fair on Sunday shared her experience, "We learn a lot of stuff in school which is very academic, so it is very rewarding for us to actually put something together that will help out of the community and provide hands on experience."
Traffic Criminal
Mendocino Avenue 03.18.12
Officer reported a speeding/reckless driver in the area.
Vehicle blew out a tire and stopped in front of a residence in the 1400 block of Sonoma. Driver fled on foot officers were unable to locate and vehicle was towed from the scene.

Theft
Athletics 03.19.12
Officers responded to a report of a burglarizer. Cameraman indicate the suspect vehicle was a white Mitsubishi Mirage with a taped up broken right rear passenger window. Officer responded and initiated a report.

Auto Burglary
Lot 3 03.19.12
Victim reported his vehicle burglarized. Cameras indicate the suspect vehicle was a white Mitsubishi Mirage with a taped up broken right rear passenger window. Officer responded and arrested the suspect.

Motor Vehicle Theft
Lot 4 03.23.12
Victim reported his vehicle stolen. Officer responded and initiated a report.

Alcohol
Eisend 03.20.12
Officers responded to a report of an intoxicated male being violent with his girlfriend and the caller. SPD responded and arrested the subject for public intoxication.

2012 Brubeck Festival This Week at Pacific

Ryan Spencer
CONTRIBUTING WRITER
In honor of Pacific’s famous alumni and American jazz pianists, David Brubeck, every year Pacific hosts a festival that is focused around building communities. The 2012 Brubeck Festival started yesterday Wednesday, March 28th with the “Take 5” Jazz Club at the Valley Brewing Company.

Motor Vehicle Theft
Lot 4 03.23.12
Victim reported his vehicle stolen. Officer responded and initiated a report.

Alcohol Arrest
Kappa Alpha Theta 03.24.12
Officers responded to a report of a male subject running and banging on the security doors. Officers located and arrested the subject for public intoxication. Subject was transported to the county jail.

For more information or to access the full weekly report please visit:
http://www.pacific.edu/Campus-Life/Public-Safety-and-Service/Police/Public-Safety-and-Services/Incident-Log.html

11th Annual Women of Distinction Awards Luncheon

Teryn Porter
STAFF WRITER
In honor of Women’s History Month, Pacific will be hosting the 11th annual Women of Distinction Awards Luncheon. This event is to take place on Friday, March 30th in the Board Room of the Alex and Jeri Vereschagin Alumni House. The luncheon will be celebrating prominent women on campus and in the Stockton Community.

The awards luncheon is a way for Pacific to honor students, faculty, and staff for their contributions to women advancement and for their excellent leadership on and off campus. It is a time to reflect on the progress and improvement of women’s roles and to thank specific women for their efforts. There are so many amazing, strong, accomplished women on our campus that we need to celebrate and recognize,” said Corrie Martin from the Women’s Resource Center.

Cynthia Krieger ‘01, NIKE Flagship Running Store Manager at Stanford and project manager of the NIKE Women’s Marathon, will be the keynote speaker at this year’s awards luncheon. Krieger is an accomplished triathlete and passionate advocate for women in business and sport, and will be sharing her experiences at the event.

People of all ages and genders are encouraged to attend the event in order to celebrate some of our campus’ most accomplished and powerful women. The cost to attend is as follows: $5 for students; $8 for faculty/staff and community members.
Reflecting on the Death of Trayvon Martin

Danielle Procope
CONTRIBUTING WRITER

Trayvon Martin’s murder is facilitating a much-needed dialogue in America about repeatedly enacted violence against people of color, particularly by those in authoritative positions.

In this specific incident, Martin’s murderer was George Zimmerman, who was Captain of the Neighborhood Watch where he lived. Zimmerman took it upon himself to follow Martin against the better judgment of 911 dispatchers, he deemed Martin to be a “suspicious” threat to the neighborhood, when in fact Martin was a seventeen year old resident returning home from the local corner store.

Martin only had Skittles, iced tea, and his cell phone but this incident culminated in his death; Zimmerman shot him in the chest with a nine-millimeter handgun. Zimmerman and the police department, who failed to arrest Zimmerman, labeled it as “self-defense” although there is overwhelming evidence that it was not. Zimmerman’s first shot missed Martin, on the tapes Martin can be heard pleading Zimmerman not to shoot again, but he murdered him. It has been a month since the murder and Zimmerman has not been charged.

President. Obama has recently said, “If I had a son, he’d look like Trayvon,” in relation to the case, subtly referencing the grave nature of the profiling done against black males. This statement has already caused much backlash, especially amongst Republicans. Most notably, Republican candidate Newt Gingrich, who criticized, “It’s not a question of who that young man looked like,” arguing that the President is race baiting. Unfortunately, the biggest factor in Martin’s death is his race and it is dangerous for us to deny this.

News pundits, such as Gingrich and others like him would have us do, then we are obscuring the actual issue. People of color, but especially black males, are being targeted as “suspicious” and are being murdered because of it. There is a never-ending list of black people who have fallen victim to police brutality. Tyisha Miller, Kendra James, Oscar Grant, Sean Bell, Latasha Harlins, and Amadou Diallo is just a small snapshot of black lives lost to police brutality. Aiyana Jones was a seven-year-old girl gunned down last year in her own house while asleep. She was first set on fire by a flash grenade and then shot fatally in the neck by a police officer.

Race is a painful pill for America. It forces us to reckon with both our history, and current practices of disenfranchising people of color. Due to the hurt and guilt, it is a situation that not many are willing to honestly approach, as Gingrich has demonstrated. Colorblind ideology, time and time again are not the other way around. Crime against a child, people who have fallen victim to police brutality are not the other way around.

“Do you see The Hunger Games? What did you think?”

@Chelsea Frederick, C.O. 2014

“I saw the midnight version. I liked it. I didn’t like how they changed the story of how Katniss got the pendant. It should have been rated R.”

@Brandi Hillan, C.O. 2015

“I thought it was pretty good. I read all the books before the hype began and wasn’t sure what people would think. I think it was really good, but I had pictured the characters differently. I definitely recommend it.”

@Cynthia Lin, C.O. 2015

“I was going to see The Hunger Games on Saturday night with my boyfriend, but we decided to stay in and save our money. We will probably watch it on DVD.”

@Brie O’Connor, C.O. 2013

“I thought the movie was good. Josh Hutcherson’s performance was better than I expected, but I would rather have had someone else as Peeta.”

@Hillary Pritchard, C.O. 2015

“I saw The Hunger Games, and it’s a great movie. I’m already waiting for the next installment and am looking forward to the book.”

@Kerry Robinson, C.O. 2012

“I felt like it was the best translation from book to movie that I’ve ever seen.”

@Samantha Taylor, C.O. 2015
Everywhere, It's Still About Race

TRAYVON
CONTINUED FROM PAGE 3

again, has proven to further facilitate racial oppression. Gingrich and people like him can afford to push the dialogue away from what it should be because it does not affect them. However, this has dire effects for people who are racially profiled and murdered for their race every day.

For every American unwilling to recognize Martin's death as being symptomatic of the bigger issue of people of color being targeted, further instances such as this are enabled. Most recently, Shahima Alawadi, a thirty-two year old Muslim housewife, was beaten, to death in her own home. The note her murderer left said, "Go back to your country, you terrorist." This tragedy is a bitter pill in my life. I was stopped in and I was accused of stealing my own bike; because of our race, we were perceived as being dangerous. I am fortunate that I was not arrested or killed, but I could have been if I had not been in as good of circumstances.

Trayvon Martin should cause us all to self-reflect. This is not just about Zimmerman. This is about all Americans. Stereotypes are dangerous. Stereotypes lead to violence and murder. I am not a threat because I am black. Alawadi was not a threat because she was Muslim. Racist and xenophobic jokes are not funny. Discourse in politics that are racist and xenophobic, like too much of the rhetoric coming from the right, breed hate and murder. It is never just words or a joke. When we speak of others in this way, we are enabling the violence done against them.

Millions of people have signed Martin's parents' petition and marched knowing that this would not have happened had he been a white adolescent. I can only hope that the voices of people who are tired of the overlooked violence done against people of color, can be enough to change the direction this country is headed. I do not want to hear about another Trayvon Martin next week. I should not have to fear for my life and that of those who look like me. We are all better than this: being aware of our thoughts and actions is the first step towards making America a safer and better place for all its citizens.

Drummer Lewis Nash and guests
Wednesday, March 28 - 7:30 pm
"Take 5" Jazz Club – Valley Brew

Pacific Jazz Ensemble and
Brubeck Institute Jazz Quintet featuring Lewis Nash
Thursday, March 29 - 7:30 pm
Faye Spanos Concert Hall

Willie Akins Quartet featuring Debbie Duncan
Thursday, March 29 - 10 pm
"Take 5" Jazz Club – Valley Brew

"Blow Your Horn & Set Man Free" — Jazz as Social Criticism in The Real Ambassadors (Interview) featuring Yolande Bavan, Ricky Riccardi and Keith Hatschek
Friday, March 30 – 4 pm
Library Community Room (Pacific Campus)

Sacramento Jazz Orchestra &
The Willie Akins Quartet featuring Debbie Duncan
Friday, March 30 – 7:30 pm
Faye Spanos Concert Hall

Brubeck Institute Jazz Quintet
Friday, March 30 – 10 pm
"Take 5" Jazz Club – Valley Brew

Panel discussion with Danilo Pérez
Saturday, March 31 – 4 pm
Faye Spanos Concert Hall

Willie Akins Quartet
Saturday, March 31 – 10 pm
"Take 5" Jazz Club – Valley Brew
MONEY MATTERS

The economy seems to be ever-so-slowly recovering as the spring equinox kicks off, yet in some areas, this has not taken effect. The city of Stockton, for example, continues to stagger upon the 18-19% unemployment rate and jobs are becoming more difficult to attain.

So this article is for the seniors about to graduate this spring, and matriculate into “real life”. Gone are the days of going to The Grove for a $12.00 ice cream cone, instead replaced by couch diving into the depths of the La-Z-Boy for rent money. The question that may arouse your interest may be along the lines of, “So is this article a depressing one...?”

Rather, it is an encouraging one! Congratulations to the senior class! You’ve triumphed through all of your classes valiantly, and Pacific will tentatively bestow your degree.

In the 1970’s and 80’s (also known as “back then” or “the good times”), acquiring a degree from any college meant a job was soon lined up for you in your field. Literally, weeks after graduation, you would be a man (or woman) in the workforce, getting paid a modest salary but easily being able to pay for rent, gas, utilities, and food. You would soon after get married, settle into a quaint, well-built house made of English-bonded, well-weathered bricks, stemming into the footpath of your rather-sizable front porch. You would then have children, some of which are going to Pacific in modern 2012.

This rather picturesque description does not exist today. In fact, our generation, according to the U.S. Department of Treasury is known as the “Boomerang Generation”. This simply means that we will skip all the way back to our parents’ homes, with our baccalaureate degrees in one hand, and a suitcase in the other.

Articles are constantly being published on where Americans can find jobs, but unfortunately it is harder than it looks. Though I will be attending graduate school, I applied to twenty jobs, none of which have gotten back to me. Large companies like Google, or Microsoft often advertise the influx of new hires, but to the recent graduates, that number seems an illusion.

There are ways to promote yourself in the workforce. First and foremost, make a LinkedIn account; this is your professional Facebook, for employers to look at. Make your profile noteworthy by including a downloadable resume. However, never pay job-recruiting sites money to “get you hired.” Assume these are scams. Here is a condensed list of things you can do now to make yourself hirable:

1. Apply now, if you have not already. Companies often take two to four months to “evaluate your qualifications”.
2. Apply for startup companies – they are actually hiring! You can always look up the biggest startups for 2012; it is simply a click away.
3. Be resilient – if ten places reject you, this does not mean you are under-qualified. Keep applying.
4. Go for a graduate degree. This will make you stand out, and it only requires one to two years of commitment.
5. The career center at Pacific is good (TigerJobs), but you should also apply to many places outside of California. The living expense is significantly cheaper, and if you make an adequate salary, the money will go a long way, in a state like New Mexico compared to California.
6. Do not count on San Joaquin County – the whole employment market is frozen.
7. Try applying for a job at Pacific. Pacific, (like other schools) will favor an alumnus from its own institution. However, do not count on a salary comparable to say, Google. But, if you don’t want to leave the Pacific environment and do not mind a smaller payscale, Pacific may save you from the “Boomerang effect”.
8. Apply for internships. Sure, you may make a fraction of what your potential earnings could be, but interns, if proficient, have an excellent chance of being hired, often within a year.

Once again, I give you the heartfelt of congratulations, seniors, and wish you all the best of luck in your future endeavors.
Upcoming Student Events

Thursday, 2/16
French Cassettes/The New Limb Perform
6:00PM-10:00PM AT THE LAIR

Brubeck Festival
7:30PM-9:00PM AT THE FAYE SPANOS CONCERT HALL (THROUGH TO 3/31)

Friday, 3/30
Save The Beat. Fight For The Fine Benefit Dinner
6:00PM-9:00PM AT THE ALUMNI HOUSE

University of the Pacific
Vagina Monologues
8:00PM-9:30PM FRIDAY/SATURDAY, 7PM SUNDAY

Saturday, 3/31
Pacific Fashion Show
6:00PM AT THE UC BALLROOM

Glitz and Glamour Dance
9PM-1:00AM AT THE UC BALLROOM

Sunday, 4/1
Pacific’s Vietnamese Student Association Culture Show
6:00PM-8:30PM AT FAYE SPANOS CONCERT HALL

Movies This Week

Thursday, 3/29
Shaolin Soccer

Friday and Saturday, 3/30-3/31
War Horse

Ruben Dominguez
SPORTS EDITOR

Perhaps the most highly-anticipated film of all time, The Hunger Games, the much-waited-for big screen adaptation of Suzanne Collins’ 2008 award-winning novel of the same name, debuted to record numbers in its premier night and opening weekend.

Ever the eager fans packed theaters nationwide hours before midnight to finally see what the people of Panem are like on the silver screen.

Even with such lofty expectations—the novel was amazing—the film version did not disappoint. While hardcore fans may nitpick at some details and more casual observers may have missed key moments, The Hunger Games did Collins and the fans base right overall.

The average Hunger Games fan that has read the novels will be very much pleased with the film adaptation.

As explained in detail in the earlier review of The Hunger Games novel, the story takes place in Panem, a dystopian country with a shining capitol city, which forces its twelve surrounding districts to provide everything from clothes to grain to wood. In addition, each year the Capitol requires each district to send one boy and girl, from ages 12-18, to compete in the Hunger Games: a fight to the death, where the last person standing is declared the winner.

Many names are in the reaping for the Games, but the one that is called is that of Primrose Everdeen (Willow Shields), sixteen-year-old Katniss Everdeen’s (Jennifer Lawrence) younger sister. Not wanting to see her sister be killed, Katniss volunteers to take her place at the games. Along with fellow District 12 tribute Peeta Mellark (Josh Hutcherson), Katniss embarks to the Capitol, where the Capitol is not present in the film. The decisions to cut this and other scenes down to a simple decision accuracy or story.

Looking back a few years, from now, everyone agree that the first novel, not Mockingjay, is the film installment that should have been the one to receive the special dual film treatment. I Harri Potter and the Deathly Hallows and Breaking Dawn, the last of the Hunger Games trilogy will be split into separate films. The plot of the third novel is not the best, but it should be split; the film should get that treatment. This first features a much more complex, detailed storyline. However, with no moment from previous films or fans from casual observers, as last year, the San Joaquin 5 Years and Counting: The Vagina Monologues

Jesse Voelkert
LIFESTYLES EDITOR

Returning for its fifth screening starting Friday will be Pacific’s The Vagina Monologues. The production, a series of both single-woman and multiple-women speeches, is performed in universities across the nation as a part of the V-Day Movement.

The play was first written by Eve Ensler in 1996, and since 1998 has raised over $75 million for women’s anti-violence groups. The separate monologues touch on a number of different issues regarding troubles that women face, ranging from the very serious to the humorous. "It balances out," explains Alexis Duclos, who formed the organization currently in charge of Pacific’s "The Vagina Monologues." "Everything you hear is a real story," continues Duclos, "it’s not all hard-hitting and it’s not all funny."

The cast is made up entirely of Pacific women, with one faculty member and fourteen students. All of the proceeds from the event, like the others performed around the world, will be going to a charity that supports women through their struggles. For this event, the proceeds will be going to the same charity as last year, the San Joaquin Woman’s Center.

The event was not set to happen this year, but Duclos had created an organization specifically for the event, and was able to get funding from ASG. The hope is to have The Vagina Monologues to be an annual event at Pacific, celebrated for Woman’s History Month of March. The first showing will be Friday, at 8pm. Later showings will be held on Saturday at 8PM and Sunday at 1PM. All shows will take place in Raymond Great. Tickets can be purchased for $7 from the front desks of the UC and the Multicultural Center, from any cast member, or online at http://www.brownpapertickets.com.

A shame that truly because the cut-down version of The Hunger Games will be very much pleasing with the film adaptation. The average Hunger Games fan that has read the novels will be very much pleased with the film adaptation.
Black Greek Organizations Share Their Culture and History

Danielle Procopé

Last Wednesday, Pacific’s chapter of Delta Sigma Theta Sorority, Inc. hosted “Meet the Black Greeks.” This event introduced Pacific’s campus to the National Pan-Hellenic Council, colloquially known as the “Divine Nine.” The National Pan-Hellenic Council is the umbrella council for historically African American Fraternities and Sororities. It was founded in 1930 on the campus of Howard University to create unity amongst the various organizations.

Eight out of nine organizations were represented for the event. This includes all four sororities: Delta Sigma Theta, Sigma Gamma Rho, Zeta Phi Beta, and Alpha Kappa Alpha, along with four out of five fraternities: Omega Psi Phi, Kappa Alpha Psi, Phi Beta Sigma, and Iota Phi Theta. Members of these organizations sat on a panel to discuss various aspects about their Greek experiences and the uniqueness of their organizations. Many members also gave personal attestations about why they decided to join their specific organization. The audience, both through pre-selected questions and ones from the floor, were able to understand not only the Divine Nine, but also each individual organization. Although all of these organizations aspire towards brotherhood or sisterhood, public service, and academic excellence, they choose different ways of attaining these goals. Each organization also has its own history and traditions.

After the panel, the organizations had a chance to table. Audience members were encouraged to visit the individual tables, look at their displays, and ask questions. While they did this, they filled out a bingo sheet. In the end, there were three winners who were given free Pacific t-shirts.

Members from the Greek organizations also strolled towards the end. Strolling is a type of dance that black Greek members and other Multicultural Greek organizations do in a moving line. This is a tradition that is not done by the IFC and CPC, it gave audience members a glimpse into black Greek life.

“Meet the Black Greeks” was a wonderful event for Pacific students to learn more about Delta Sigma Theta Sorority, Inc., the only historically black Greek organization on campus, but it also introduced Pacific to the umbrella council that Delta Sigma Theta is a member of. This event brought diversity to the Greek community on this campus.

A Cultural Experience in Pacific’s Backyard

Syndie Reyes

Have you ever wanted to just get away? Take some time to yourself, or maybe with friends to experience a new culture? Then look no further than the UC Lawn, it may sound odd, but it’s true.

This Friday, March 30th from 3:30PM to 5:30PM, the UC will have splendors from around the world. Hosted by the United Cultural Council in collaboration with RecSports, “World In Our Backyard” is an event not one should miss. We will be having cultural games galore along with delicious food, drinks, and amazing music. Stop by and pick up your very own passport to begin your journey around the world.

“World In Our Backyard” will provide deliciously sweet, savory, and not so ordinary foods such as pan dulce, deep sea jell-o, cha cha (Vietnamese sweet pudding), banana pudding, churros, and much more. There will also be games that will provide a blast from your distant or not so distant past, and new ones that I just learned about. Use this opportunity to network with our cultural clubs such as the Black Student Union, MECHA, Vietnamese Student Association, Black Campus Ministries, the sisters of Gamma Alpha Omega, Pacific Celebrate Diversity, the sisters of Delta Sigma Theta, the brothers of Xi Chi Sigma, Hmong Student Association, and the South Asian Student Association. Have you ever needed to collaborate with anyone? Collaborate with us and receive a wealth of ideas, resources for funding, and support from professional staff that is unmatched for your next event.

When you come by the UC Lawn, make sure to stop by the United Cultural Council Tables, located at either end of the UC Lawn to pick up your passports. Within the passports there will be a list of the cultural clubs who are tabling. As you go around and get to know more about some of the clubs on campus, be sure to have the representatives sign the passport, turn the passport back in and you will automatically be entered to win a prize. Prizes include Pacific gear and an iPod Nano! This event is a great way to spend a Friday afternoon.

NUTRICAT’S CORNER

Talk Greek to Me:

The Dish on Greek Yogurt

Alexandra Caspero

Is Greek yogurt healthier than other varieties?

Greek yogurt is made by straining regular yogurt, making it thicker and denser than traditional yogurt. Greek yogurt has more protein and less milk sugar (lactose) than other kinds. It also has about a third less calcium. All yogurts can be healthy as long as they don’t have a ton of sugar added to them. Some flavored yogurts can have as much as 32g of sugar per serving! The problem is that the labels don’t determine which sugar comes naturally from milk and which is added. To control your intake, stick with plain, unsweetened varieties and add the sugar yourself.

POWER BREAKFAST PARFAIT WITH GREEK YOGURT:

1/2 cup Greek yogurt
1/2 cup mixed berries (thawed if using frozen)
1 tsp. honey
1/4 cup granola or muesli

Mix 1 tsp. honey in with the Greek yogurt. Layer 1/4 cup yogurt, 1/4 berries, 1/4-cup yogurt, and the rest of the berries into a bowl, top with granola or muesli.
**Pacific Swimming Names Richardson Head Coach**

**Sports**

Pacific Tiger swim program to add a dream opportunity for my family and me,” said Richardson. “I’m very passionate about Pacific and the Stockton community. Pacific has turned the men and women’s swimming teams into perennial NAIA powers. To return to my alma mater as the head swim coach is a dream opportunity for my family and me,” said Richardson. “I’m very passionate about Pacific and the Stockton community. Pacific has turned the men and women’s swimming teams into perennial NAIA powers.

Richardson has been named the NAIA National Coach of the Year in each of the past four seasons (08-09 Men’s, 09-10 Women’s, 10-11 Men’s, 11-12 Women’s). Richardson turned FPU into a great program that compared with the best teams in the country, regardless of division. In the 2011-12 season alone, Fresno Pacific had 15 NCAA D I B cuts, one A cut and seven Olympic Trial time standards.

Richardson’s success at FPU includes developing 2010 NAIA National Swimmer of the Year, Cheyenne Coffman. Coffman came to Fresno Pacific as a 24.4 50 freestyler and 50 backstroker. In 2010, she qualified for the Olympic trials and was ranked 17th in the country in 50 LCM freestyle (25.74). She swam the 50-yard freestyle in 22.29 and the 100 backstroke in 52.41 in her senior season with the program. Both of those times would have scored at the 2012 NCAA Division I Championships.

In the summer of 2010, Richardson helped four Sunbird swimmers qualify for USA Nationals in Irvine. In 2011, Richardson took not only individual qualifiers, but also relays to USA Nationals at Stanford University. Richardson helped Carl Weigley to a 3-0 lead. Armagost, who was the Tigers’ pitcher in defeat earlier, exacted some sweet revenge on the Gales, repeating her first inning performance from before. She again drove in Horn, who scored the Tigers’ lone run in the previous game, to give Pacific a 1-0 lead.

That drought would only last till the second inning, Juniors Megan Allen and Megan Hagen broke the drought with an RBI double and single, respectively. A gift run by Princeton to end the first inning for the only time during the tournament.

That drought would only last till the second inning, Juniors Megan Allen and Megan Hagen broke the drought with an RBI double and single, respectively. A gift run by Princeton to end the first inning for the only time during the tournament. Richardson helped four Sunbird swimmers qualify for USA Nationals in Irvine. In 2011, Richardson took not only individual qualifiers, but also relays to USA Nationals at Stanford University. Richardson helped Carl Weigley to a 3-0 lead. Armagost, who was the Tigers’ pitcher in defeat earlier, exacted some sweet revenge on the Gales, repeating her first inning performance from before. She again drove in Horn, who scored the Tigers’ lone run in the previous game, to give Pacific a 1-0 lead.

That drought would only last till the second inning, Juniors Megan Allen and Megan Hagen broke the drought with an RBI double and single, respectively. A gift run by Princeton to end the first inning for the only time during the tournament.

Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win. Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win.

The early offense continued into Friday, as Pacific drove in three runs in the first inning against San Diego State. All three of those runs came courtesy of the bat of junior Nikki Armagost, who shot the second pitch she saw over the right field fence, bringing home both baserunners and a 3-0 lead. Armagost, who was also the Tigers’ starting pitcher, provided all the offense she needed, giving up just one run, and six hits in a complete seven innings of work, driving Pacific to a 3-1 win.

Saturday’s Tiger rematch proved to be much closer than the first matchup. Bill Simoni Field’s well-taken-care-of facilities hosted host to a dramatic game that saw Pacific fail to score a run in the first inning for the only time during the tournament.

That drought would only last till the second inning, Juniors Megan Allen and Megan Hagen broke the drought with an RBI double and single, respectively. A gift run by Princeton to end the first inning for the only time during the tournament.

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Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win. Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win.

The Tigers’ lone blemish of the weekend came on Sunday in the first game of the doubleheader against Saint Mary’s. Pacific took an early lead against the Gales with Armagost’s RBI single in the first inning. Both pitchers would settle in after that, with the score remaining 1-0 until the fifth inning. Back-to-back RIBIs for Saint Mary’s gave them the 2-1 lead. The Gale added an insurance run in the seventh to make it 3-1. Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win. Those runs may have helped them in the fifth, as Princeton scored three runs to bring the game to within one run. Shepard came to the mound in relief and stopped the bleeding. Princeton would get no closer, as Pacific held on for the 4-3 win.

The Tigers will begin defense of their Big West title this weekend, as conference play begins. Pacific will host Cal State Northridge in a three-game series March 31-April 1st at Bill Simoni Field.
**PACIFIC SPORTS SCHEDULE**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>BASEBALL</strong></td>
<td>FRIDAY</td>
<td>@ UC Irvine</td>
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<td>SATURDAY</td>
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<td><strong>GOLF</strong></td>
<td>APRIL 7-8</td>
<td>Gary Koch Invitational</td>
<td>Old Memorial Golf Course</td>
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<td>SUNDAY</td>
<td>@ UC Irvine</td>
<td>Winchester Country Club</td>
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<td>Meadow Vista, CA</td>
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<td><strong>SOFTBALL</strong></td>
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<td>SUNDAY</td>
<td>vs. CSU Northridge</td>
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<td><strong>M. TENNIS</strong></td>
<td>SATURDAY</td>
<td>@ Cal Poly</td>
<td>Mustang Complex</td>
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<tr>
<td></td>
<td>SUNDAY</td>
<td>@ UC Santa Barbara</td>
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<td>APRIL 7</td>
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<td>Fresno State</td>
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<td>Wathen Tennis Center</td>
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<td>APRIL 5</td>
<td>vs. CSU Northridge</td>
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<td>APRIL 15</td>
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<td>Hal Nelson Courts</td>
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<td>TUESDAY</td>
<td>@ No. 5 Stanford</td>
<td>Maples Pavilion</td>
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**Alumnus Returns as Swim Coach**

RICHARDSON
CONTINUED FROM PAGE 8

Swim Club.

Peter started his swimming career at Buchanan High School in Clovis, Calif, and continued with Clovis Swim Club where he helped the Clovis Swim Club men's team win Summer Junior Nationals in 1999.

After high school, Richardson attended University of the Pacific where he earned his Bachelor's degree and teaching credential. While at Pacific, Richardson was the team captain his junior and senior seasons. During those two years, the Tigers won back-to-back Big West Conference Championships in 2002 and 2003. In his senior season, Richardson received the Pacific Leadership Award for all athletics.

After college, Richardson was the assistant National Team Coach with Clovis Swim Club and the head men & women's swim coach at Sanger High School where they won four league championships in three years. Richardson earned his Master's degree in 2007 from Fresno State. His degree is in teaching with an emphasis on multicultural education in the classroom.

Richardson and his wife, Jonelle, have two daughters, Gabrielle (4) and Brooklyn (10 months).

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**News and Notes**

**MEN'S VOLLEYBALL:** Pacific took out UC Santa Cruz Thursday in a 3-0 (25-18, 25-12, 25-12) domination. The Tigers were led by junior Taylor Hughes, who hit .556 on the night while recording 11 kills and 7 blocks, both of which were team-highs. Sophomore libero Javier Caceres’ defensive work helped as well, as his 8 digs secured the victory. Junior Matthew Houlihan led Pacific with two service aces.

**WOMEN'S TENNIS:** The Tigers were forced to postpone their contest against Fresno State on Saturday. The match could not be contested due to harsh weather conditions. The postponement came after efforts to move the match indoors failed. While the match will be rescheduled, Pacific will next be in action on April 5th in Big West play against Cal State Northridge. The match will be held at the Hal Nelson Tennis Courts.

**GOLF:** Pacific had a busy weekend, which began at the Barona Collegiate Cup in Lakeside, Calif. The Tigers finished twelfth overall at a combined +27. Senior Dan Garcia placed highest for the team at 27th with a -1. Junior Alex Edfort was just one stroke below him, finishing in 31st. Pacific also traveled to Eugene, OR to participate in the Duck Invitational. The Tigers finished in fifth place at +17, just one stroke behind fourth place Oregon State. Individually, Edfort finished in fourth place overall, only three strokes behind the leader. Garcia finished four spots below Edfort in eighth place at -1.

**MEN'S TENNIS:** Also having their match affected by unhelpful weather conditions, the Tigers were forced to play their match against Eastern Washington indoors. Nevertheless, Pacific came through, defeating Eastern Washington 5-1. Under the new format, the first team to four points, regardless if all of the matches are completed or not, wins. Senior Ivan Castro, junior Alex Golding, and freshmen Erik Cederwall, Alex Hamilton, and Ben Mirkin each delivered wins and points for the Tigers.

**WOMEN'S WATER POLO:** Pacific came close to scoring two huge upsets at home over the weekend. However, the Tigers were defeated in two 2-goal games, falling to No. 13 Maryland 10-8 Saturday and to No. 11 UC Davis 11-9 on Sunday. In the loss to Davis, senior Kim Kay, sophomore Elise Martin, and freshman Brydie Pye each finished with a hat trick. Pacific begins Big West Conference play this weekend with a rematch against Davis.

**Athletic Training Tip of the Month**

**Delayed Onset Muscle Soreness**

Katy Wilson
CONTRIBUTING WRITER

Have you ever exercised really hard and then the next day felt like you couldn’t get out of bed because your legs hurt so badly? This pain is known as delayed onset muscle soreness or DOMS. It is a symptom of muscle damage (muscle fibers tearing) due to exercise, particularly when you begin a new exercise program, change your routine, or increase the duration/intensity of your exercise without having time to adapt to it. Any movement you are not used to can lead to DOMS, but eccentric muscle contractions seem to have the greatest effect (examples of eccentric muscle contractions: going down stairs, running downhill, or lowering weight). The soreness is perceived as a dull, aching pain combined with tenderness and stiffness. It is usually felt for 2 to 72 hours after exercise and is a normal response within the muscles that leads to greater strength and endurance.

DOMS can be dealt with in many ways. 1) Simply wait it out and rest. DOMS usually subsides within 3 to 7 days, 2) Ice the muscle; it helps to minimize pain and swelling, 3) Do some low impact aerobic exercise, increasing blood flow will help to reduce stiffness in the area. In preventing DOMS, make sure to warm up before exercise and cool down with some gentle stretching afterwards. Don’t go crazy with exercise the first time around, remember to gradually increase activity as your body accommodates to the stresses you put on it.

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Baseball Earns Sweep Over Brown

The Tigers took a four-game series over Brown in a weekend sweep of the Bears. Pacific outscored Brown 16-6 in two out of the four games.

Athletic Media Relations

In the first game, Pacific led Brown 4-0 in the top of the first inning. The Bears scored a run in the third on seven hits. In the fourth, Pacific took a 5-0 lead, which increased to 7-0 in the fifth inning. The Tigers added two more runs in the sixth inning. In the seventh, Pacific scored four runs, and in the eighth, three runs, to win the game 16-6.

Athletic Media Relations

In the second game, Pacific scored three runs in the first inning, which increased to five in the third inning. The Tigers scored three runs in the fifth inning and scored one more in the seventh inning to win the game 8-1.

Athletic Media Relations

In the third game, the Tigers scored one run in the first inning, which increased to three runs in the third inning. Pacific scored two more runs in the sixth inning and won the game 6-1.

Athletic Media Relations

In the fourth and final game, Pacific scored two runs in the first inning, which increased to four in the third inning. The Tigers scored three runs in the fifth inning and scored one more in the eighth inning to win the game 6-1.

Sports

The Tigers outscored the Bears 16-6 in the four-game series, which is a season-high with four games in a row.

SPORTS EDITOR
Ruben Dominguez

Baseball

The Pacific Bounces Back from Bad Start to Beat the Bears 16-6

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