Biking and Walking to Fight Hunger

Tim Viall
CONTRIBUTING WRITER

The fourth annual Bike (or Hike) to Feed the Hungry (formerly the Mayor’s Hike and Bike) event is set for Saturday, June 30 at 8:30 AM, starting and finishing at the University of Pacific’s DeRosa University Center, 901 Presidents Drive, Stockton. This “adventure event” is designed to get Stocktonians up and moving—whether it be biking, walking or hiking.

The event offers three bicycling courses; two of them along the Calaveras Bike Path; the bike trail “westerly route” is 9.3 miles out to Buckley Cove Park and back. The other “easterly route” is 7.6 miles in length. The walking route offers walkers and bicyclists a pleasant, shaded route south through Stockton’s mid-town historical housing district, to the Stockton Ports Baseball Park, a round-trip of 4.3 miles. Bicyclists can link all three routes together for a “round-trip bike route” totaling 21.3 miles.

A kid’s “Bike Rodeo” and “Bicycle Safety Village” will begin at 9 AM, offered for youngsters ages 1 to 9, and will include tricycles and bikes with training wheels for novice riders. The rodeo will also offer a host of fun activities—obstacle course, contests and safety lessons for new bikers. Parents and guardians are urged to bring their budding riders for a fun morning of activity!

A “Get Fit, Stockton” Health and Fitness Fair will greet walkers and bikers when they return to the University of Pacific campus, complete with nutritious food, drink, fun for the family and displays from many agencies and businesses which help families get fit and stay healthy! A full barbecue lunch will be served to all participants as part of the day’s activities.

The entrance fee for the Bike (or Hike) to Feed the Hungry is $25 (or pledges of $5 each). It is $10 for the Kids Bike Rodeo by the early registration deadline of June 6; prices increase by $5 after that date, and, another $5 on day of the event. All participants receive a Hike and Bike t-shirt and a delicious barbecue lunch beginning at 10:30 AM! Participants are urged to raise additional pledges to help defeat hunger in our community!

The Bike (or Hike) to Feed the Hungry event is presented by the Emergency Food Bank, which annually serves over 130,000 county residents—providing packaged food and nutrition education to families and seniors. Participants are also urged to bring canned goods or staples to the event that morning!

Joining up with the EFB, University of Pacific and the City of Stockton are a growing list of community partners including Fleet Feet-Stockton, San Joaquin County Public Health, San Joaquin Council of Governments, Miracle Mile Improvement Association, Downtown Stockton Alliance and many others.

For more information about the event, please see: www.stocktonbikeandhike.org; for additional questions, please contact Tim Viall, Emergency Food Bank, 209.464.7369, or by email: tviall@stocktonfoodbank.org.

The Pacifican Wins Top State Award

Allyson Seals
EDITOR-IN-CHIEF

Last weekend, The Pacifican staff traveled to CSU Fullerton in Fullerton, Calif. to attend the 2012 California College Media Association (CCMA) conference and awards banquet. The Pacifican walked away from the awards banquet with the title of 2nd place for Best Special Section (Division B).

The award was based on the Special Edition: September 11th paper that was published on Thursday, September 8th, 2011. A copy of that paper can be seen by visiting thepacifican.com.

The Pacifican placed 2nd, after University of California-Irvine’s New University and before Humboldt State University’s The Lumberjack.

Both UC Irvine and Humboldt State University have embedded journalism programs on their campuses, unlike Pacific. These three universities, however, were only some of the 37 schools that submitted to the CCMA award competition. The CCMA reported that this constituted “a record number of colleges” that participated in the program.

The 2012 California College Media Association Conference attracted a large amount of students for the evening awards banquet, but it also brought in many colleges and universities to the training programs held during the day. The Pacifican staff made up just 9 students out of more than 200 who attended the evening awards banquet and 9 out of approximately 100 students whom attended the day training sessions. Other colleges and universities that attended the CCMA included schools such as UC Berkeley, Chico State University, Sacramento State University, CSU Northridge, UCLA, Mills College, CSU Long Beach, Biola University, and Cal Poly-SLO.

The day training sessions had a primary focus on jump-starting one’s career into journalism. The sessions making up the Spring Career Workshop were entitled “Resume, cover letter, and portfolio critiques,” “The real job market,” “Building your brand,” “Nailing the interview,” “Crossover skills,” and “To go to grad school or not?” Each session brought in experts from the field.

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GOOD LUCK ON YOUR FINALS
Occupy Pacific’s Teach-In on Debt

Christian Oatman
PERSPECTIVES EDITOR

Students frustrated with many different issues created the student activism organization, Occupy Pacific, last semester and has organized many meetings and events throughout the spring semester. An event on Tuesday night in the Janet Leigh Theater was the last one of the year. It was a “teach in” on debt, with lectures from Professor Ahmed Khan, Student Trustee James Follett, Melissa Davis and Mitchell Woerner.

Melissa Davis’ lecture on student debt highlighted some statistics that might be especially shocking to students. Overall, 43% of college students have debt of less than $10,000 and 29% have debt ranging from $10,000 to $25,000. The amount of money is made up from both federal and private loans. The Project on Student Debt has different numbers, and it states that the average student at graduation is $25,000 in debt and the typical student at California schools is $30,000 in debt. University of the Pacific does not report student debt at the time of graduation.

Seven percent of students have defaulted on their student loans that have defaulted on loans and want to pursue another degree, the Department of Education has ordered colleges to withhold transcripts; meaning that it is impossible to be accepted to another school after defaulting on loans. Since 2005, federal law has changed, so that unlike with auto or credit card loans, it is difficult to declare bankruptcy with federal student loans (it’s up to a judge’s discretion) and outright impossible with private student loans. Student loan debt is now higher than credit card debt and while the amount of credit card debt is sustained, even dropping in some studies, the student loan debt rate is skyrocketing.

“If people can’t pay loans, they’re trapped in a cycle of poverty and can’t contribute to the economy,” Davis said. Davis explained that recently passed legislation and other proposed bills are new attempts to try to address the issue of student loan debt. The College Cost Reduction and Access Act allows students to pay off federal loans for 10 years, and whatever is left of that loan after that period is automatically forgiven. Another bill currently up for debate in Congress is the Student Loan Forgiveness Act, which would allow students to pay 10% of their discretionary income towards student loans for 10 years, and then, similarly, whatever is left of the debt would be forgiven. The Student Loan Forgiveness Act could be applied to private loans as well, which eases the burden of many college students, especially since federal loans have been less generous and harder to receive in the midst of the budget crisis.

James Follett’s lecture explained the economic crisis of 2008, in particular how multiple banks took derivatives (a financial instrument to protect investments) on one mortgage, and created a series of defaults and collapses. Since 2008, many of the banks involved in the mortgage crisis have shut down and the housing market has relatively stabilized, but Follett explained that “there are no protections for this never to happen again...These tactics are being used on student loans and this market is only increase.” Follett proposed three ways to lessen the potential impact of the student loan crisis: fund public universities, implement meaningful regulation and pay for as much of college as you can out of pocket.

Occupy Pacific is currently gathering signatures on a petition for President Iebele to begin a dialogue with administration, in particular on the issue of student debt and loans for Pacific students. Professor Kanna recommended books by David Harvey and David Graeber on the history of debt and the organizations Occupy Student Debt and Democracy Now for how the issue affects college students.

Discuss the Disconnection Between Race and Food

Franshawn Croft
STAFF WRITER

Three-fourths of the world’s food is grown in the Central Valley of California, yet children in the Central Valley go to bed hungry every day. Did you know that your area code matters when it comes to having access to healthy food, and that this also affects your life expectancy? Last Wednesday evening, a small group packed into the library of the Alex and Jeri Vereschagin Alumni House to partake in a conversation about a huge topic—race and the food system. The lecture, hosted by the Pacific and the Pacific Sociological Society, was open to Pacific students and to all community members. The diverse panel consisted of advocates from several areas, among them being Jessica Keahey, a full-time volunteer, as well as an Administrative Assistant and Education Director for Western Farm Workers here in Stockton, Calif. Solange Carter, Juan Suarez, and Pacific student Frances Gonzalez, also volunteers for Western Farm Workers, were panelists as well. Associative Director of Education Research at Food For Health Institute at UC Davis, Sara Schrater, and Senior Researcher at Applied Research Center in Oakland, very own, Dr. Alison Alkon, co-editor of Cultivating Food Justice: Race Class and Sustainability, addressed specific issues surrounding inequalities in the food system from production, to distribution and consumption, while touching on how food became racialized.

Food is a tool to dismantle social inequality and was a core message communicated by the panel, as well as locally based control of their own food supply. The bottom line: the same theme expressed by all panelist is that the food system is not racially equal. When asked what was the most important piece of information that should leave the lecture with, Dr. Alkon replied that “there is a wide range of activism going on, and that food is an excellent way to address broad social change in the areas of labor, production, consumption, and land access.”

For anyone interested in volunteering or connecting with any of the organizations represented by the panelists, their information is provided below.

Puentes—www.puentesmerica.org 209.922.8215
Western Farm Workers—209.467.1193
Dr. Alison Alkon http://www.cultivatingfoodjustice.com/

K PAC to Host Beepin’ Balls Event

Ruben Dominguez
SPORTS EDITOR

One of the best Beep Baseball teams in the world is coming to Pacific. The Stockton Stingrays, a top National Beep Ball Association (NBBA) team, will be taking part in a demonstration that will feature barbeque, free food, and intense beep ball action.

Saturday, April 28th, K PAC 91.9 FM, Pacific’s student-run radio program, will host “K PAC Beepin’ Balls” at Pacific’s Bill Simoni Field. The event will be held from 12PM-4PM and will coincide with Pacific Softball’s doubleheader against Cal Poly the same day.

Beep Baseball, also known as “Beep Ball”, is a sport designed for and played by both male and female visually-impaired athletes. Similar to baseball and softball, beep ball is played by two teams comprising of partially impaired to completely blind players. Six fields, one pitcher, and one catcher are sent out from the defensive team. Standing about ten feet away from the batter, the pitcher throws a large, oversized softball designed to emit a loud beeping sound for the batter to swing at.

If the batter makes contact, he or she must run to home bases approximately five feet tall before a member of the defensive team can reach the ball. The bases, which also emit a beep noise, are placed 100 feet from the batter, similar to the placement of the first and third bases in baseball. If the batter does not reach a base in time, it counts as a strike.

Unlike baseball or softball, each batter gets four strikes. If the ball goes out of play or the batter is clearly not getting a fair call, a foul ball is called. Each beep ball game lasts six innings, unless extra time is needed. Because some players are not completely visually-impaired, each member is required to wear a blindfold.

In between the first and second games of the Soft doubleheader, the Stingrays will play in an actual beep ball scrimmage game at 2PM at Sunken Field. The powerhouse’s opponent are the Pacific Men’s Basketball team who will be wearing blindfolds of course.

Members of the Stockton Stingrays will be around before and after the demonstration for conversation and insight on the sport. K PAC will be providing a barbecue lunch—free to anyone attending the ball game—and will be handing a raffle with great prizes. All Pacific students, and an else who wants to watch great sport, eat free food, and learn more about how to provide assistance for the visually impaired, are encouraged to attend.
Getting ready for exams?

Remember the library is open 24/5 through May 4th!

Special Win for a Special Issue

who spoke either by themselves or in panels. Experts on the panels included, but were not limited to, Sara Catania, editorial director for digital media at NBC4, Southern California; Doug Smith, database editor for the L.A. Times; Leon Braswell, director of admission and financial aid at Columbia University's Graduate School of Journalism; Ryan Chartrand, senior social media strategist at Pechanga Resort & Casino; and Amanda Dennin, multimedia advertising consultant with Orange County Register Communications.

Diana Swartz, Patch regional editor for the Westside and CCMA panelist, was one of many to speak with the crowd of collegiate journalists. Swartz taught, "The best way to start [in the field of journalism] is to just dive in." Swartz also explained that it is crucial to "have a spirit of adventure and entrepreneurship" in today's market.

Other lessons taken from the training sessions were taught by Greg Hernandez, founder of GreginHollywood.com, who explicated, "We're in the social revolution right now." Hernandez continued to portray to the students the importance of digital media, by way of blogs and social media outlets. After the sessions ended, collegiate journalists, including those from The Pacifican staff, were given an opportunity to network and ask individualized questions to the panelists. The Saturday CCMA activities, including the awards banquet and training sessions, were all held in the Titan Student Union's Portola Pavilion on the CSU Fullerton campus.

Besides the Saturday activities, however, a select number of 40 students from the various CCMA member universities also attended a tour of the Orange County Register the day before. The Pacifican staff made up 4 of those students. The tour concluded by allowing the student journalists to also sit in on an editorial meeting at the Orange County Register.

Staff members from The Pacifican who attended the 2012 California College Media Association Conference included Alyson Seals, Editor-in-Chief; Ruben Moreno, General Manager; Sara Menges, News Editor; Jesse Voelkert, Lifestyles Editor; Christiana Oatman, Persanda Editor; Ruben Dominguez, Sports Editor; Karla Cortez, Copy Editor; Juliene Sesar, Layout Editor; Natalie B. Compton, Social Media Coordinator; and Professor Dave (and Margaret) Fredericksen, Advisor.

Undergraduate Research and Creativity Conference

George Do
STAFF WRITER

The 12th annual Pacific Undergraduate Research & Creativity Conference was this last Saturday. Pacific's undergraduate researchers showed off their work in the form of posters or oral presentations in Grace Covell or the DeRosa University Center. Director of Undergraduate Research Doctor Lydia Fox said, "it is important for students to be able to communicate the results of their research to others." The displays ranged from humanities to sciences to economics. This year was a record breaking year for displays with around 270 participants that showed in total 74 poster displays and 20 oral presentations. Students work in tandem with professors or with their oversight to conduct these projects. Many of these projects are only the beginning for new discoveries or analyses ahead. Jennifer Ou, one of the undergraduate researchers, said that the event "was a great experience for those who are planning to participate in a national event where your project may be published".

Public Safety

Theft

Grace Covell 04.15.12
A victim reported someone took the clothing from their unattended laundry basket. A report filed.

Arrest

Pacific and Northbank CT 04.17.12
An officer responded to a report of suspicious activity. The officer contacted the subject who had three outstanding warrants. The subject was booked into County Jail.

Theft

DeRosa Center 04.17.12
A female suspect rode up on her bicycle and entered the DeRosa Center. She proceeded to the woman's restroom and was inside for 20 minutes. The victim entered the restroom where she left a bag with clothing. She went out into the ballroom to help set up an event. The suspect walked out with the bag and rode off on her bicycle. The victim discovered the theft when she went to change into her clothes. Report filed.

Burglary

Grace Covell 04.19.12
Public Safety received a call from housing staff who reported seeing a possible suspect in an earlier theft. She saw a flyer earlier in the week that Public Safety put out regarding this person. When officers arrived, a student contacted one of the officers and reported that her cell phone had just been stolen and that she was tracking it on her computer. Officers alerted Stockton Police as the suspect was tracked to South Stockton. The suspect abandoned the stolen vehicle she was driving, but was taken into custody after a short foot pursuit. The female suspect was arrested for burglary and it appears she is the responsible in the above entries. The suspect also received a suspended sentence for a registered sex offender. Public Safety is advising the public to be meticulous in their safety strategies to avoid another theft.

For more information or to access the full weekly report please visit:
**Fighting off Stress**

Juliene Sesar

LAYOUT EDITOR

Stress is absolutely contagious. It is probably the most common "disease" spread from student to student at University of the Pacific’s Stockton campus. I constantly find myself—as finals get closer and closer—hearing my friends complain about how much work they have and retorting with my long list of things I must accomplish.

The brain is continuously sending signals from cortical sensory areas to more basal structures and vice versa that affect the body's reaction to stressful situations. These pathways change for every person.

As a junior I have nine basic rules about how to stay calm and perform well during finals.

1. **Always write down everything that you need to finish:** This is not really shocking but lets just say it’s easy to loose your marbles when you have a lot of exams. A simple way to hold your stress related anxiety at bay is to write and down and forget it exists until you make it to that part of your list.

2. **Study in intervals of 3 hours or less:** All you all-nighter types out there, while I congratulate you on your ability to be a like The Cullen family, staying up can greatly injure your final performance. It is much more beneficial to take regular breaks, even if they are only for 15 minutes.

3. **Never skip a meal:** While I understand, meal plan running out and all that, going without food is like purposely torching your body’s ability to function to its fullest potential. Even if this means your meal is an apple, eat it. It’s way worse to pass out during a test because you’re suffering from malnutrition than it is to not study for the thirty minutes it took to eat.

4. **Always double-check your exam schedule:** I slept through the first half-hour of my exam because I misread my schedule freshmen year. Lesson learned.

5. **Study where you feel most comfortable:** Don’t feel like the best place is the library no matter what. The place I study best is actually in The Pacifican office. Find what works for you.

6. **Take time to relax:** Hang out with people still, being a hermit may give you a perfect score right now, but will raise your stress level. Enjoy the sunny days that Pacific is finally having.

7. **Don’t let procrastination control you:** It’s very tempting to watch TV, listen to music, party and maybe even sleep all day until the last possible moment to start studying. However, it is the easiest way to increase stress levels. Try making study guides in advance.

8. **Think positively about your exams:** Being confident, while having some side-effects of being arrogant, gives me the ability to feel good after every exam I take. Don’t let the test conquer you.

9. **And mostly, try to think about what is best for you:** The advice I give is based on my own experience. Don’t think my rules are solid proof, like Barbossa told Elizabeth it “is more what you’d call ‘guidelines’ than actual rules”.

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**LETTER TO THE EDITOR**

Dear Pacifican editors,

My name is Adam Zaves. I am a senior conservatory music student and I have a question and I don’t know to who to ask. Here’s what happened: Monday, April 23rd the police arrived with RAs at my apartment. My roommate and I consented to the Residence Director searching our residence and now I am in the Judicial Affairs process with a meeting tomorrow which could determine that I would lose my housing just before the year ends. Who is my advocate as a student in these judicial proceedings? Who can I talk to when it comes to being a Pacific student and my rights while going through Judicial Affairs because I don’t think a Pacific student should stand to lose their housing a week before the school year ends.

Sincerely,

Adam Zaves
Editorial

A Pacific Farewell

Allyson Seals
Editor in Chief

The year is coming to an end, and thus another group of us Seniors must move on to another chapter of our lives. Some of us (including myself) will be attending graduate school, while some of us will be searching frantically for jobs (or will be lucky enough to find one right off the bat). But, whatever the case is, we will always remember Pacific and the memories we obtained here.

I would like to first and foremost thank the Pacific community for the warm (and sometimes cold) responses you all gave to The Pacifican this year. The Pacifican improved to such a great extent that it was able to receive a top state award, and it has brought the true student voice back to campus. This would not have been possible without the consistent feedback provided. But more importantly, this would not have been made possible without the tireless efforts from The Pacifican staff this year.

As Editor-in-Chief, I watched staff members give up many nights of sleep to create a beautiful paper every week. I worked with editors as they pushed through many of their own boundaries and really emerged as true collegiate journalists.

While I will be graduating in a very short time and moving on to another chapter of my life, I will never forget the memories I had with The Pacifican. The staff of The Pacifican is my own Pacific family; always pushing each other to succeed, we have all grown to new heights. For that, I am eternally grateful.

I encourage anyone on campus who is interested in journalism to become involved with the newspaper. It is often a very stressful and time-consuming job, which often goes without much praise; however, I can promise you, that you will emerge a much better person, student, and professional by being a part of The Pacifican staff.

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As stated by KPCC Blog Editor, Tony Pierce, "It's our job to ask uncomfortable questions. Don't be afraid to do so."
LIFESTYLES

Upcoming Student Events

Thursday, 4/26
Spring 2012 Dance Show
7:00PM AT THE LONG THEATRE

Last Pacifican Writer Meeting
12:00PM-1:00PM AT MORRIS CHAPEL

Sunday, 4/29
CCI’s 81st Annual Strawberry Breakfast
8:30AM-12:30PM AT THE PRESIDENT’S ROOM

Tuesday, 5/1
Sing For Their Supper Karaoke
7:00PM-9:00PM AT WHIRLLOW’S TOSSED AND GRILLED

Gone in a Flash: Photos of 2011-2012

The Pacific athletic program announced that in the coming years they will be transferring conferences - from the Big West Conference to the West Coast Conference. This move will lead Pacific into a higher arena of competition.

Media Relations

Dr. Shanna Eller, Pacific’s New Sustainability Director, was hired this academic year.

Darien Pojls (guitar) and Ryan Blodgett (drums) are two members of the Darien Pojls Band, who won the first ever Battle of the Pacific Bands. The event was hosted by Pacific’s own Music Management Club.

Pacific students join with other private schools to speak out to their legislators over proposed cuts to Cal Grants directed at private institutions. The protest was the major factor that lead to the defeat of the proposal.

The University Lofts made their debut this year offering a unique housing model alternative to Pacific students. This housing model is still very new, making Pacific at the cusp of an exciting experiment and growing trend.

The Budget Town Hall meeting gave Pacific students a chance to speak their minds and raise their concerns over the announced raises in tuition.

Beta Theta Pi became the fourth social fraternity on Pacific’s campus.

One of the major concerns this year was the budget. National movements such as “Occupy” made their way to Pacific, and students spoke out about the problems of student debt.

“How much are you in debt?” one student asked.

In photos: student additions to the yearbook.

“save the cal grant”

Ruben Domínguez

One of the major concerns this year was the budget. National movements such as “Occupy” made their way to Pacific, and students spoke out about the problems of student debt.

“How much are you in debt?” one student asked.

In photos: student additions to the yearbook.
**NUTRICAT’S CORNER**

**Food Fight! Which Foods Win Out**

Alexandra Caspero
CAMPUS DIETITIAN

While all fruits, vegetables, and whole grains are good for you, some are better than others. Check out these nutritious foods, and see which one wins the health-food smack down!

1. **Strawberries vs. Blueberries**- Yes, all fruit is high in vitamins/minerals and are good to include in your diet but blueberries contain a high amount of antioxidants. Antioxidants fight free radicals to help keep your immune system strong and reduce muscle-tissue damage after exercise.

2. **Chicken breast vs. Turkey breast**- Turkey has three additional grams of protein per three-ounce serving, plus more iron and selenium. Selenium, an antioxidant, protects cells from damage that could lead to heart disease and cancer. Don’t like turkey? Try Brazil Nuts, just 1 nut contains all the Selenium you need per day.

3. **Green tea vs. Coffee**- While the caffeine in coffee has shown moderate fat-metabolism benefits, Green tea is higher in antioxidants.

4. **Goat cheese vs. Feta cheese**- Both cheeses give salads a tangy flavor and are great paired with apples or pears. However, goat cheese has nearly half the cholesterol and a third less sodium than feta. Can’t part with Feta? Choose reduced sodium brands.

5. **Orange vs. Apple**- Again, all fruits are nutritious, and these two have similar amounts of calories and fiber. The orange wins this round as it contains 12 times as much Vitamin C as an apple.

6. **Red pepper vs. green pepper**- Red pepper boasts eight times the vitamin A, which keeps your immune system strong. It also contains more Vitamin C than an orange!

Want more tips? Don’t forget to friend NutriCat on Facebook!

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**KPAC Weekly Schedule**

**MONDAY**
- Baseball Boys Show
  - 5PM-6PM
- Kevin & Tommy
  - 7PM-8PM
- The Summer Show
  - 8PM-10PM

**TUESDAY**
- The Tiger Dancer Show
  - 6PM-7PM
- The Kendall, Elise, and Elizabeth Show
  - 8PM-9PM
- The Eric Pestana Show
  - 9PM-10PM

**WEDNESDAY**
- The Aries Apcar Show
  - 5PM-6PM
- Asian Woman Show
  - 6PM-7PM
- Drinking the Kool Aid
  - 7PM-8PM
- The Bart Platow Show
  - 9PM-10PM

**THURSDAY**
- 4 J’s and an N Show
  - 6PM-7PM
- The Alex and Alex Show
  - 7PM-8PM
- Island Time Show
  - 8PM-9PM

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**2012 Commencement**

**SATURDAY MAY 5TH, 9:00 AM**

ALEX G. SPANOS CENTER

Degrees will be conferred at this ceremony!

Pick-up your tickets NOW at the Alumni House with your student I.D. Contact your Dean’s Office with any questions. For all the latest information go to

[www.pacific.edu/commencement](http://www.pacific.edu/commencement)

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**UNIVERSITY OF THE PACIFIC SUMMER SESSIONS 2012**

Three 5-week sessions to choose from:

- I - May 7 - June 8
- II - June 11 - July 13
- III - July 16 - August 17

Save with Reduced Tuition in Summer!

Whether on campus, online, at home or on vacation, make summer work for you! Summer Sessions early registration begins March 25th for continuing students.

[www.pacific.edu/cpce](http://www.pacific.edu/cpce)
A Sit-Down With Rising Music Star Andy Grammer

Brianne Nemiroff
CONTRIBUTING WRITER

Last October, I got the honor of interviewing rising star, Andy Grammer. Since then, his track “Keep Your Head Up” has gone Gold and he has recently just announced he has sold a million tracks. I decided it was time to find out what has been going on with the rising star since I’ve been away in Washington D.C.

1) Since the last time I interviewed you in October at the Regency Ballroom in San Francisco, a lot has happened. Is there any particular event that happened that stood out as memorable to you?
   “This headlining tour has been the coolest most satisfying experience yet. The fans at the shows are singing words. I know it’s been a while since the CD came out, but we are really hitting our stride now.”

2) You’ve since released “Fine by Me.” What do you believe is the audience’s reaction to your new single?
   “They are singing pretty loud so they seem to be into it. It’s really exciting.”

3) From the sold-out venues, it’s obvious your headlining tour is going well. Has there been a favorite venue thus far, or are you looking forward to a certain upcoming show?
   “Honestly - every night that I come onstage in a different city and there’s a huge group of people that love what I’m doing I’m pumped. Any city where that is happening is my favorite city.”

4) You’ve added an item to your online store which includes a call from you. What made you decide to offer that? And since it was only allowed for the first 30 (or so) people, how many of them have been redeemed?
   “The calls have been really sweet. A lot of times people want to talk about how the songs have effected them or how they have used it in their lives. Really rewarding.”

5) “Keep You Head Up” has gone Gold. Congratulations. How did you feel when you found out and would you like to say anything to your fans?
   “Thank you for loving what I put out! I will continue to do my best to create honest, sincere, quality songs.”

Success Tips: Five Important Tips for Your Next Interview

Jennifer Chan
SUCCESS TIPS COLUMNIST

In this tough job market an interview is an accomplishment, but there’s an old saying that goes “the race is over before it starts.” The interview process is like a marathon, and the only way you’ll last is by taking serious time to prepare yourself. Here are 5 best-practice tips to help you prepare for your interview.

1. Want it more than the person they are interviewing now at your company and recruiting team. Research them on Facebook and LinkedIn, and keep in mind they are probably doing the same to you. See if you have any shared connections. Any insights before the interview will give you a leg up! Learn everything you can about the company (culture, CEO, press, products) via Google news feeds, Twitter, and blogs. Try to understand their competitive advantages and how they position themselves in the marketplace. Taking the time to research means you want this job; it will show the recruiter as well. Remember, you are NOT the only person they are interviewing for the role.

2. Know how to explain your journey - storytelling isn’t just for kids. One of your greatest assets during the interview is having a clear understanding of how your experience has led you to the company. Be able to effectively tell your story. Their first question will most likely be: “tell me about yourself.” Keep your story through the lens of your resume and job description and why working with this company is the next logical step in your career.

3. Prep for a 20-minute phone or video interview - Remember, the goal is to make it to the second round. Practice answering questions with friends, family, or even your stuffed animals. Commit to every answer. Be direct with your answers and make sure to highlight accomplishments and achievements that you’ve attained. Be able to articulate how you positively impacted the bottom line of your employers and how you made a definitive difference. Recruiters want to be engaged in your story, passion, and energy. Be prepared to sell via video or phone.


5. Take notes and have a list of questions to ask the interviewer - Notes will help you remember what you need to do if you make it to the next round. Most interviews are conversational, so don’t be afraid to ask questions.

So if you want to win the race, be sure to train and prepare like a champion! Trust me, the person who is being interviewed after you is doing the same. Be prepared and be articulate. It will make all the difference.

About the author: Jennifer Chan was born and raised in the Silicon Valley and is currently the Social Media Manager for a Facebook job application company. Ms. Chan is currently pursuing a Master of Arts in Communication at the University of the Pacific where she teaches a variety of discussion classes for the undergraduate programs.

Dance Preview

Teryn Porter
STAFF WRITER

On Thursday, April 26th, Pacific will be hosting the spring dance show in the Long Ballroom featuring some of Pacific’s best dancers. The show will include pieces in styles such as jazz, ballet, modern, tap, and hip-hop. Dancers from the four dance classes offered every semester at Pacific will be in the show, as well as dancers from the community and around campus as well. There will also be a piece performed by one of Modesto’s Youth ballet companies.

The spring dance show will feature roughly twelve pieces, each consisting of a variety of talent and style. "All of the on-campus classes are taught by Tara Morton-Colt who is also the principal choreographer for the show," explained Monica Schnapp C.O. ’14. "There are a few guest choreographers as well though, who are students and local dance instructors. The classes are made to range from first-time dancers all the way through trained dancers who have performed for their whole lives.

The show will also feature group numbers, trios, and solos.

Tickets will be $5 at the door for those who are interested in attending. For those who cannot attend, Pacific hosts dance shows once a semester, so expect one to be held in the fall as well.
**Season 4 Power Rankings**

---

### Flag Football

#### Men's A
1. Coca-Cola - Two big wins propel them to top of the leaderboard.
2. The Metacarpals - Don't be surprised if you see our top team.
3. Pimpin' Aint Breesy - Hopeful.
4. Worth It - That win against top teams.
5. ODPhi Knights - Only loss this season.

#### Men's B
1. Theta Chi - This team is the surprise of the season.
2. Pike- Forfeit...but maybe they have home careers.
3. Sigma Chi Swamp Donkeys - I guess they decided to keep on fighting.
5. ODPhi Knights - Only win this year came by default. 

#### Men's C
1. Delta Sigs - The number one team.
2. Kappa Psi Co-rec - Strong contender for the playoffs.
3. PDC - Rough ending to an all-around rough season.
4. Phi Mu Athletes - Has a huge comeback in store.
5. APhiO - Win against the top team.

---

**RECSPORTS CORNER**

### Tennis and Water Polo Seniors Exit in Victory

Ruben Dominguez
SPORTS EDITOR

Both the Pacific Women’s Tennis and Water Polo teams concluded their respective seasons at home last weekend. Each team sent its graduating seniors off with wins as the Tigers took two home victories against top competition.

Women’s Water Polo got the action started on Saturday, April 21st, against rival Santa Clara. Pacific jumped out to a big lead before holding off a rally to defeat the Broncos 7-4.

After Santa Clara scored the opening goal, Pacific fired home its response less than a minute later. Byrdie Pye, c.o. ’15, used the power play to tie the game at 1-1. Two minutes afterwards, the Tigers would take the lead on Malena Prain’s, c.o. ’14 goal.

The second period started goalless for almost six minutes before Elise Martin, c.o. ’14, finally found the back of the net at the 3:17 mark. With 26 seconds left in the period, Pye put away her second goal of the game to increase the lead to 4-1 at halftime.

Santa Clara began to come back in the third period; the Broncos scored two quick goals to pull within one with just over five minutes left in the period. That score held until a fast, crazy final minute of action. Rebecca Wright, c.o. ’14, ended Pacific’s scoring drought with 42 seconds left to give the Tigers a 5-3 lead. A misfire on Santa Clara’s fo…

---

**SPORTS**

**THE PACIF1CAN | 9**
## Sports

**RecSports Power Rankings**

Continued from Page 9

| 1. Chris's Friend - Undefeated...for now. |
| 2. Set it and Regret it - Looking to live up to the billing of their A team. |
| 3. What? - Howard making a case for COTY? |
| 4. He > I - Not a bad season behind them. Looking forward to playoffs. |
| 5. Dy Hau - Probably will make playoffs, will it be the opening they need to make a run? |
| 6. Pike - Finally got that elusive win after many close games. What's the Deal? |
| 7. Team - Team? What Team? |
| 8. Volley Llamas - Their biggest problem is showing up, yet that's clearly not their only problem. |
| 10. Kappa Alpha Theta Chi - At least the men of Theta Chi can cheer on their brothers. Greek Unity? |

### Women's

1. Theta: First and Finest - Looking good and ready heading into playoffs. |
2. Delta Love - They probably have a good scouting report by now. Time to put it to use. |

### Softball

#### Men's

1. Drop Bombs - playoffs are around the corner and they are going to have to bring their A-game. |
2. A-Rod in your Pujols - see if they can bring some home runs to the playoffs. |
3. We will come up with one later - hopefully the season has given Tyler (pitcher) some ideas on how not to get an ERA above 10. |
4. Dodgers Suck - Dodgers do suck and hopefully these guys don't play like them when it gets down to the wire. |

#### Co-Rec

1. The Sluggers - rough loss to JBC right before playoffs, hope they can get past that one. |
2. Blouses - have a great opportunity to take it all this year, all around strong players. |
3. The Metacarpals - It will be hard but they have a shot to make it to the championships, going to need a full team though. |
4. Non-Athletic Trainers - It was a fun season and hopefully they can pull of a first round-win in playoffs, won't be easy but they can do it. |
5. JBC - better luck next year with softball, great job to pull of a win against the number one seed! |
### Standings (as of April 26th, 2012)

#### SOFTBALL

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### News and Notes

#### FIELD HOCKEY: Pacific announced last week that Field Hockey defender Emily Trudeau, c.o. ’12, had been selected to the Mortar Board National College Senior Honor Society. Mortar Board, a top national honor society which recognizes seniors who have excelled in academics, leadership, and community service, has previously bestowed this honor on such famous figures as New Orleans’ Saints quarterback Drew Brees, Seattle Storm guard Katie Smith, and former United States Secretary of State Condoleezza Rice. Trudeau received the honor as part of the Knolens Chapter at Pacific.

#### SOFTBALL: The Tigers’ run of consecutive sweeps ended last weekend, as Pacific took only one of three games against UC Santa Barbara. The first game of the doubleheader turned out to be a pitcher’s duel, as the Gauchos used a two-out double to take a 2-1 contest after eight innings. Pacific’s offense delivered in the second game. Despite giving up two runs in the first, the Tigers came back thanks to teamwork offense, including Megan Fogleson’s, c.o. ’14, inside-the-park home run thanks to an error by the catcher to win 6-2. In the third and deciding game, Santa Barbara’s offense woke up, as Pacific was dealt its worse loss of the season in an 11-2 defeat.

#### MENS GOLF: Pacific added another fifth place finish to its season total, as the team concluded its regular season schedule at the Winchester Classic in Mission Viejo, Calif. The Tigers shot a combined +38 over three rounds of competition. Individualy, Byron Meth, c.o. ’15, finished fifth with a +3, just three strokes behind the winner.

#### BASEBALL: The Tigers had a rough show over the weekend, being swept by UC Santa Barbara in a three-game series. Friday’s opening game was a back-and-forth affair, with Pacific tying the game at 5-5 in the bottom of the seventh on an RBI single by Brett Christopher, c.o. ’12. The Gauchos would take the lead back the following inning with an RBI triple and held on for a 6-5 win. The following two games proved to be fairly non-competitive, as Pacific fell in 6-2 and 9-2 games.

#### MEN’S TENNIS: Pacific ended its regular season on a low note. After suffering a sweep against Stanford April 18th, the Tigers fell at Fresno State in another 7-0 defeat on Saturday. Pacific had previously taken two of three games at home. The Tigers will now take on UC Davis in the first round of the Big West Championships.

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**PACIFIC SPORTS SCHEDULE**

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