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Stockton in Forbes’ Most Miserable Places to Live

Lindsey Ball
Pacifican Staff Writer

For years now, Forbes Magazine has ranked American metro cities on the basis of how "miserable" they are. What constitutes miserable is the evocative question that should be answered. In addition, is Stockton rightfully a "miserable" place to live? Stockton was number one this year on the list and number two last year. According to Forbes, what determines a metro "miserable" is the combination of crime rates, government corruption, average commute times, unemployment and pro sports teams among other factors. Among the top ten most miserable cities were Stockton, Detroit, Chicago, and Memphis. Also included in the list were New York and Los Angeles.

Forbes magazine’s index for what determines ‘miserable” seems to have some holes in it. If a city such as New York, a place with so many opportunities is considered one of the most miserable places to live, than there are clearly missing parts to this test of miserableness. The largest cities in the U.S. are “miserable” simply because of their size. Yes, it is difficult to control crime, pollution and traffic in these cities, but what about the positive aspects? There must be a pretty good reason why people keep moving to these big cities.

The list was compiled using all U.S. cities with populations over 378,000. Fine cuisine, great shopping, excellent career opportunities and the simple fact that there is always something to do should all be measured against negatives such as high crime rates in big cities. It is a safe assumption that the higher the population, the higher the crime, pollution and commute times because of the denser areas. There is a tradeoff between living in an area with so much to do and see and sacrifices such as dealing with dirtier air and heavy traffic. I feel this tradeoff is not really reflected in Forbes’ list. More specifically, Stockton was at the top of the list. Certainly Stockton is no Chicago or Los Angeles, but I would never describe it as miserable, although Stockton is depressing at times.

Stockton landed number one on the list; the city was referred to as “ground zero” in the housing crisis by Forbes magazine. According to Realty Trac, Stockton had the highest foreclosure rates last year at 9.5%. The foreclosures in Stockton are expected to continue at a rapid pace this year due to real estate prices falling even more. The unemployment rate is up around 9%—much higher than the national average. Economically, Stockton is at a huge disadvantage but Forbes fails to recognize the extensive development Stockton has undergone within the past twenty years.

“My father grew up in Central California, and he says it is vastly different and improved,” explained Ben Adler, a senior at Pacific, “not to mention you can’t beat the weather.”

Stockton does have its downsides and many Pacific students from much more affluent or well developed cities would put Stockton on their personal places-of-misery lists. The bus system is lacking in efficiency and it is virtually impossible to be without a car in Stockton.

Pacific student Debbie Yee expressing her frustrated toward the bus system: “Stockton is not pedestrian friendly and has horrible public transportation.”

Stockton has made efforts to reduce pollution; for example, there are new hybrid buses. Now all the city needs is more buses, so people can actually rely on public transportation and not their polluting vehicles.

The city does have problems but Mayor Ann Johnston just entered office, and maybe she has great things in store for Stockton. “We are engaging the entire community and encouraging everyone to get involved and help us find solutions that meet the needs of our community,” such optimistic statements may mean that Johnston can push Stockton out of the top 5 most miserable places to live.
With four months left, President Donald V. DeRosa is nearing the end of his tenure as Pacific’s twenty third president. Pacifican News Editor Alex Ruano sat down with President DeRosa to talk about his experiences at Pacific and the motivations behind his retirement:

Pacifican: Why head out of the school now? Why did you decide after so many years that this is the time to head out and try something new?

DeRosa: Well, actually, this is something that is a personal decision. My wife and I talked two or three years ago about when it would be the best time to retire from this work. Originally, my contract expired in 2007, and the board asked me to stay an additional two years. I was happy to do that because I wanted to complete the fundraising campaign. It is a very good time because we completed that campaign a year ago. It’s also good timing on a personal level. I have children on the east coast who have children of their own, and at some point I’d like to be able to spend a little bit of time with those children and my grandchildren. So, it’s a good time personally, also I’ve always felt it’s important for someone to leave a position when things are going well, and I feel that with the university, while there’s always room for improvement and things that could still be done, things are in pretty good shape right now. We’ve accomplished many things and it’s nice to be happy to see the things that I can look forward to just in the year ahead. The university is going to be in very good shape.

Pacifican: Looking back over the years you have been here, what do you feel, if you can pick one, is the biggest accomplishment; the thing that you felt was the most difficult thing to accomplish?

DeRosa: I think the biggest hurdle that we had to deal with was the financial instability of the university in the early years. We were struggling on a year to year basis. It was never that the university was going to become bankrupt, but we were not managing resources well and being responsible stewards. These patterns accumulate over time. You have to make changes to bring about the kinds of substantive changes that will remain coincidental that we both see ourselves was a big issue to come to grips with early on. Once that was accomplished it gave us the basis for making all the major improvements that we’ve made. The quality of the facilities at the university are still not where they need to be, but when one considers that we have added about 200 million dollars in new and renovated facilities over the last ten years, that is a major accomplishment. I would say that getting that kind of stability in place helped make the investments in faculty and staff. Working to help improve faculty and staff compensation at the university was a great thing to see. It made me feel that we made headway on something that was an intractable issue. But, fundamentally, when I thought about why all those things were important, I’m particularly proud of the fact that Pacific remains so accessible to students of all economic backgrounds. That is very atypical in higher education at independent colleges and universities.

Pacifican: Our first provost, Dr. Phil Gilbertson, is retiring a year after you are. Is that just coincidence?

DeRosa: We’re not that far apart in age. It’s not age, per se, that makes the difference here. I think that we both saw certain things that needed to be accomplished. It was a good time - the campaign ended, we had the new strategic plan, Pacific Rising, in place which [Gilbertson] had a big hand in leading the efforts on. I think it’s just coincidental that we both see ourselves as having accomplished a lot and it’s a good time to turn this over to someone else.

Pacifican: You’ve accomplished so much already. Is there something you’d like to see the next president carry over from your administration?

DeRosa: I believe it’s really the board that will help ensure that initiatives that began during my time are carried over. There’s always going to be something that you see started that you hope will continue. The real hope for me is that the board, and the next president, see those things as important as well, and my belief is that they will.

Pacifican: What are you doing to finish up at Pacific?

DeRosa: You do whatever you think requires of you. There’s a model for every president. I’m working with the administrative team and we are making every decision that is considered and has to be made. It’s just not in nature to say “Well, you know this is the last six months so I think I will cool off.” It is just not the way I co-operate. Nothing’s really changed except that I would avoid making a decision that is going to be something that the board or the administration itself was not fully committed to. I wouldn’t do that under any circumstance, just act arbitrarily. My goal is to ensure that the university is in the best possible condition it can be in a new president and new administration arrives.

Pacifican: How is it being president of three separate campuses in three different cities?

DeRosa: I think what’s happened over time is there is a much greater closeness among the three. There’s much more integration and much more will come. That’s one of the things we are working on today. One way in which that can be ensured and can become even greater is through technology. We can bring the three campuses together with the use of video conferencing. Our goal is to have, let’s say, a speaker in San Francisco and have that could be made available to students here on the Stockton campus. I’d love to see more students traveling among the campuses, and we’re going to see that eventually. I’m confident of that, but we have had much of it than when I arrived.

Pacifican: Final thoughts?

DeRosa: I don’t really consider being president as work in the sense of a job. I consider it one of the greatest privileges a person can have. To have responsibilities like this, and to be able to work with people I have been able to work with who are so dedicated and helpful - those people before me, the faculty and staff - these have been the best fourteen years of my life.
Black Family Heritage Day Brings Pacific Alum Back

Erica Gilbert
Pacifican Staff Writer

On Saturday, Feb. 14, a group of students and members of the Stockton/Modesto community gathered in Pacific’s University Center for the second annual Black Family Heritage Day. The day started off with a business fair encouraging members of the community to support local black-owned businesses. There were six businesses from the community, and six organizations from the Pacific campus at the fair, including Pacific’s Black Student Union.

At one, the discussion panel began. Panel members and the community participated in dialogues centering around media, stereotypes, family, inter-racial dating and marriage, history, and the treatment of community members of mixed race.

Members of the discussion panel included Brady Spencer, the founder of Empowering Young Voices, and members of the Pacific staff, Dr. Campeau, Dr. Keith Orlando Hilton, and Dr. Hernandez.

After the panels answered the posed questions themselves, the audience had an opportunity to give their opinions. Discussions became personal when participants gave examples of their own life experiences surrounding stereotypes and expectations.

Edith, the mother of Brady Spencer, shared her own story of raising children in a society where black families are usually portrayed through the media as incompetent and broken. She said about the media, “...where are our flawless families too? We are here.”

Marsha, a 1993 Pacific alum, states that she was interested in coming to Black Family Heritage Day because the word “family” was in the title; the family aspect relating to her experience at Pacific and what Pacific is trying to build. Marsha and Ricky Boyland, another Pacific alum, would like to see events such as this help the members of the current Pacific family and the previous one connect.

Boyland and Marsha think that events such as Black Family Heritage Day are perceived as being for the black community, but it’s really about “bringing people together”.

After the discussion, participants in Black Family Heritage Day, as well as other members of Pacific and the Stockton community gathered for an evening of food and spoken word at the Lair.

Housing Sign Ups Update

Andy Lee
Pacifican Staff Writer

Previously, the Pacifican reported about the planned shift to an online-signup system. However, during that time, the official housing signup plan had not been finalized and details could not be officially released.

New changes include moving back the times for housing signups, due to a time conflict when students would be signing up for housing and classes.

The new online process has also been broken down into three steps, in order to locate any dismembered body parts or clothing.

Case in point Pacific: Don’t jaywalk ever, ever again.

Vanessa Connolly
Pacifican Staff Writer

Pacific’s Ethnic Studies, Gender Studies, Humanities Center, and Writing in the Disciplines hosted poet Wanda Coleman at Pacific on Thursday, Feb. 19.

Wanda Coleman read selected poetry in the WPC lecture room. The event had a large turnout, with guests having to sit in aisles or stand in the back.

Coleman’s entertaining delivery drew many laughs from the crowd and also gave some background on the origins of the works she read. Coleman is well-known for the oral presentation of her work. Before the program began, Coleman stated that her style influenced the current generation of spoken word artists and poets, and musicians.

I found the poetry reading to be entertaining and worthwhile for events who are not poetry enthusiasts. Hearing the poems from the author gave the words more meaning and depth. I left the lecture hall with a better understanding of what I would have otherwise overlooked if reading for a class.

Coleman is a poet, writer, and journalist from Los Angeles. Among her achievements are receiving a fellowship from the National Endowment for the Arts and the Guggenheim Foundation. Coleman’s work and achievements are significant to both Black and women’s history. Her nationally acclaimed work includes: Native in a Strange Land: Trials and Terrors (1996), Hand Dance (1993), African Sleeping Sickness (1990), and Imagoes (1983). Coleman won the 1999 Lenore Marshall Poetry prize for Barbershop Wine. Her play, Mercurochrome was a finalists for the 2001 National Book Award.

Man Dragged Under Van for 17 Miles

Ally Mengarelli
Pacifican Staff Writer

Imagine yourself on a street corner in Queens, New York. Now try and picture yourself in a dazed hurry, repeatedly checking your phone to make sure you’re still not late to that very important matter than awaits you on the opposite side of the street.

There’s no crosswalk but really, jaywalking isn’t that risky...so you look both ways, underestimating the speed at which one car is coming at you—BAM! You’re hit—twice. Your mangled body is caught in the chassis underneath the van, and your lifeless form is dragged over 17 miles across New York City’s highways and roads, until some benevolent motorist motion to the driver of the vehicle to pull over. To add to the chaos of it all, the driver states he was completely oblivious to your unidentifiable heap of flesh embedded within the bowels of his vehicle.

Believe it or not, this atrocious event occurred just last Wed. in the bustling and hurried state of New York. Surveillance videos of the scene are displayed online, showing, in just a split second, a body in the middle of the street, a still form of a Hispanic man, approximately 5’4” in his early 30’s, who is hit a second time by a different vehicle. When the vehicle departs, the body is no longer on the pavement.

Matters, however, were more intricate than that.

Supposedly, the first driver that hit the young man called 911 after he felt he had driven over something large, though after stopping and looking at the pavement on the streets, he reported seeing no body or object. Ironically, he had, indeed, hit someone, but a van had swerved around him and had driven once more over the lifeless man, removing the body from the scene and carrying it to a new destination.

When the driver of the van, Manuel Lituma, began driving on the highway leading towards Brooklyn, he pulled to the side of the road, concerned that his vehicle was not driving properly. After looking in his rearview mirrors, Lituma reported seeing nothing out of the ordinary and resumed his drive towards Brooklyn.

It was shortly after this brief stop that Lituma noticed several motorists signaling him to once again pull to the side of the road. Pulling to the left and exiting the vehicle, Lituma met with the concerned motorists and discovered what looked like a bloody dismembered part sticking out from beneath the car. Terrified of the unidentifiable gore hanging from the belly of the van, those present called the police to investigate.

Unbelievable as it seems, both drivers who hit the unidentified male were briefly questioned and no charges were filed. Police investigated the body, but found nothing but a damaged iPhone and a business card on his person, which was believed to have been given to the victim earlier in the evening. Even more shocking was the report that the police issued, urging people to leave remains in place if found, as police made the effort to backtrack the route taken by the van in order to locate any dismembered body parts or clothing.

Case in point Pacific: Don’t jaywalk ever, ever again.

ASup Elections Next Week!
Vote at asuop.pacific.edu

March 3 - 5
Associated Students
University of the Pacific
Haven't declared your major yet?
Here are some ideas.

"Computer engineering is my major. I was always around computers because my dad works as a technician for Kaiser. I really like technology. I love to mess with new gadgets that come out."
-- Alan Joe, computer engineering major

"I chose bio-pharmetics and Chinese. [bio-pharmetics] is a cross between computer science and biology and chemistry. It's a growing field in society and I feel it will be very helpful later on in life because I will be focusing on cures for diseases and such."
-- Anna Clark, bio-pharmetics and Chinese major

"I was in SIS (School of International Studies) but then I wanted to do more for the environment. It seemed more the planet is very important and I want to help save it. That's why I am an environmental studies major."
-- Danielle Rockley, environmental studies major

"I like being an SIS major because every time I go to class, I learn a little more about the big, wide world that we all live in and the people who inhabit it. I recommend it because it gives you the tools to make the world a better place!"
-- Emy Kaldhusdal, international studies major

"Everyone is trying to find their identity in college, who they are. One of the most valuable things you figure out is yourself. For me, studio art allows me a chance to work on different projects in different ways that let me explore myself and display it to other people."
-- Kegan Snyder, studio art major

"I chose psychology because it has always been fascinating for me to know why people do what they do. From the first concepts I learned, it has allowed me to further my understanding about the world and people around me. Whether the reasons are completely illogical or well-supported, being able to offer those I know the occasional insight into their own thoughts or actions is one of the most rewarding things I have ever done."
-- John Fuller, psychology major

UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT
FEB 15- FEB 21, 2009

DISTURBANCE
ROSEMARIE LN
02/15/09
Officer reported Stockton PD aired a report of gunshot in the area. Officer reported also hearing the gunshot while driving in the area. Officer reported a large group of females running due to a fight. Officer contacted one subject and a second subject walked up and started hitting the female. Officer arrested the female suspect for assault and reported the suspect was also intoxicated. Suspect was transported to the county jail.

ALCOHOL ARREST
DELTA GAMMA
02/16/09
Officers requested to assist with removing an intoxicated female refusing to leave. Officers responded and arrested the female for public intoxication.

THEFT
DE ROSA CENTER
02/16/09
Victim reported his bicycle stolen. Suspect cut the cable lock. Officer responded and initiated a report.

STOLEN PROPERTY
BRISTOL & MANCHESTER
02/16/09
Officer conducted a checkout on a female subject. Subject was cited for possession of stolen property.

SUSPICIOUS PERSON
CALVERAS LEVEE
02/17/09
Officer contacted several juveniles throwing rocks onto the tennis courts. Juveniles were warned.

THEFT
WEBER HALL
02/19/09
Victim reported her bicycle stolen. Suspects cut the cable lock. Officer responded and initiated a report.

THEFT
CLASSROOM BUILDING
02/19/09
Victim flagged down an officer to report his bicycle stolen. Suspect cut the lock. Officer initiated a report.

SUSPICIOUS INCIDENT
CAMPUSS WIDE
02/20/09
Staff reported a vehicle gathering recyclables from recyclables container around campus. Officers circulated campus and were unable to locate the vehicle.

RED BULL PAPER WINGS QUALIFYER COMING TO PACIFIC TODAY FROM 12-1 IN THE UC BALLROOM!

Red Bull Paper Wings is holding Qualifiers at over 200 college campuses nationwide to build the dream team of paper airplane flyers to represent the US at the World Finals this spring in Salzburg, Austria. Today, February 26th, AES and Red Bull will be hosting a Paper Wings Qualifier at Pacific. Students will be challenged to test their paper airplanes in three categories: distance, airtime and aerobatics. The piece of paper and the airplane you create could win you a road trip to San Diego for Red Bull Air Race, not to mention VIP passes to the MILE HIGH PARTY! The best five in each category from across the US will get to compete at the Red Bull Paper Wings World Finals in Austria.

Red Bull Paper Wings is open to all college students nationwide. Student's wishing to participate in Pacific's Qualifier can register online at www.redbullpaperwings.com or simply show up at the event. The event will take place during Pacific Hour in the UC Ballroom.

For more information, please visit www.redbullpaperwings.com, or contact Jillian Fiske at j_fiske@pacific.edu.
Pacific's Tenured Professors Have To Know How To Teach

Sachi Takahashi-Rial
Pacifican Staff Writer

Recently, some universities across the United States have moved away from the traditional tenure system. These institutions would rather conduct ongoing assessments of their faculty and retain the freedom to fire them in a pinch. Furthermore, opponents of tenure maintain that the system allows unqualified teachers to continue to teach indefinitely.

Here at Pacific, the tenure system is set up to benefit the students by rewarding professors that have displayed the ability to convey knowledge.

Tenure functions to reward outstanding professors with job security. According to Dr. Robert Benedetti, former dean of the College of the Pacific, tenure does not mean that a professor can never be fired. Benedetti specified that a professor can keep his job even if he articulates a view unpopular in the field. In this way, the university allows tenured professors academic freedom, the freedom to disagree with traditional or common views.

After teaching for about five years, professors are reviewed for the possibility of tenure. Professors are evaluated on three criteria: 1. Teaching 2. Scholarship/Research 3. Service (including committee work for the university or profession.) Faculty are usually awarded tenure after about six or seven years of teaching.

Pacific especially emphasizes the teaching component. The class evaluations that we fill out at the end of every semester are taken into consideration with departments and colleges consider faculty for tenure. Both our positive comments and our productivity make a difference. If students display that they have absorbed the material and/or done innovative research for the class, the professor gets points for inspiring productivity. Even if students dislike the professor, if he can relay information effectively, the presenter is likely to receive tenure.

If our institution were to weigh the other aspects (research and service) more, then we students may suffer. Universities that prize faculty that pump out published works risk professors putting more time into their own research than into preparing for class.

Each department and each college have different criteria for the success of professors. However, each department must have its criteria approved by the dean of its college, and then by the provost. This specialization by department makes sense because different disciplines have different measures of success. For example, certain creative contributions in art would not be valued the same in the discipline of biology.

Furthermore, committees take into account that student comments for classes like calculus may be more negative than comments for classes like music appreciation. Calculus is more likely to be difficult and stressful for students, while music appreciation is meant to be more enjoyable. It would not make sense to evaluate all student comments equally if some classes are generally less fun than others.

Students further benefit from the tenure system just by the quality of professors that the system attracts. In general, professors have smaller salaries than others of same educational attainment. Benedetti states that many professors are willing to trade pay for job security. Universities that do not offer tenure must have other ways to make teaching seem attractive to people that can make more money elsewhere. Tenure benefits us students simply because our university is student-oriented.

High School Conference Provides Tools for Success

Ann Mazzaferrro
Pacifican Staff Writer

High school students from across Northern California ventured to Pacific on Saturday, February 21, for the High School Conference, hosted by Pacific's Black Student Union.

Approximately 50 students attended, from high schools as far away as the Bay Area. They were comprised of an eclectic mix of backgrounds and ages, from freshmen students just starting their high school careers to seniors who have already applied to Pacific and are hoping to call it home come Fall of 2009.

"We made sure to invite all classes—freshmen, sophomores, juniors, and especially seniors, some of whom have already applied and been accepted," said Remy Franklin, Vice President of the BSU and a senior Communications major at Pacific. "We want all students who attend the conference to learn about the college experience. No matter where they choose to go, we want them to attend college," said Franklin.

Students participated in a variety of activities to get acquainted with the collegiate experience, as well as life at Pacific. Workshops focusing on financial aid and the admissions process, tours of campus, as well as lectures on multicultural affairs, student life, athletics and scholarship opportunities were just a smattering of the options available to the high schoolers.

The events were staffed by members of the BSU, who also served as student leaders for discussion groups and breakout sessions.

This was the fifth year that the High School Conference has been put on by the BSU, and its benefits to high school students are immeasurable.

"When I was looking at colleges, I would have loved an opportunity like this [conference]," said Shellynne Allen, a second year graduate student in Higher Education at the Gladys L. Bernard School of Education. "I’m hoping the students come into college at little more prepared."

Ashley Peterson, a fellow Masters candidate and advisor at the Multicultural Center, held a similar view. "When asked what she hoped students would gain from the conference, Peterson said, "Empowerment to move forward into higher education. College is so attainable. For Stockton residents especially, we want them to see that this is not a closed campus—it is open to everyone."

The efforts of the BSU paid off, as high schoolers left the conference with information and insights that could prove to be vital to their academic futures. The dedication of the BSU students in putting together this event did not go unnoticed.

"They’ve put in so much work to make this conference possible," said Serjio Acevedo, Director of Multicultural Affairs.

The High School Conference was part of a month-long series of events designed to celebrate Black History Month. The final event will be the one-man show "Color Struck," a humorous and trenchant examination of institutionalized racism starring comedian Donald Lacy. The performance will take place at the Faye Spanos Concert Hall on Wednesday, February 25, at 7:30 pm.

Vaccines Proven To Have No Relation To Autism

Ally Mengarelli
Pacifican Staff Writer

Autism, a serious developmental disorder that affects three to six out of every 1,000 children in the United States, has become a hot topic among doctors, parents, and most recently, the special courts. The most controversial topic among parents of autistic children is the suspicion that the disorder was triggered by MMR (measles, mumps, and rubella) vaccines—which until recently have included thimerosal, a mercury-based preservative.

On Thursday, Feb. 12, three families—the Cedillos, the Hazlehursts, and the Snyders—sought compensation from the Vaccine Injury Compensation Program under concern that the vaccines given to their children were what caused each individual's case of autism. After reviewing the case, special courts ruled that the evidence presented did not prove a link between autism and early childhood vaccines.

The ruling was based on scientific research and, most importantly, the study exhibited in the 2008 issue of the Archives of General Psychiatry, which provides information stating that even though thimerosal has been since removed from the vaccines thought to have caused autism, there has been an increase, rather than decrease, in the number of autism cases in California.

In defending this verdict, the Institute of Medicine cited five large studies that have failed to prove any connection between autism and thimerosal and 14 large studies finding no link between the MMR vaccine and autism, according to CNN.

Some parents, however, still remain skeptical of the verdict. When Jenny McCarthy, whose son was diagnosed with autism in his toddler years, began an advocacy program in lieu of the notion that her son was completely "normal" before the vaccines, the issue gained nationwide attention, raising awareness to the developing concern many parents still believe is a threat. Other celebrities such as Amanda Peet have spoken out against these accusations, angry that parents would boycott vaccines that prevent the spread and contraction of deadly diseases.

Hopefully, now the issue will finally be laid to rest as the courts draw closure to the cases. This can spark a movement within advocacy programs for autistic individuals and autism research facilities to work towards finding more conclusive evidence between autism and vaccines, and focus on the true factors that contribute to autism.
EDITORIAL

Is Stockton Really the Most Miserable City?

As if there weren't enough students on campus complaining about Stockton, Forbes.com has ranked our town number one on its annual list of "America's Ten Most Miserable Cities." But even with an eyebrow-raising foreclosure rate, and over 80 percent of adults without college degrees, by no means does Stockton deserve such a smack-in-the-face title.

"People can be miserable, but a city?" said English professor Amy Smith. "I just spent my winter break in Buenos Aires, a city I love, and I met people there who are definitely more miserable than lots of folks I know in Stockton. It's not about the city—it's about your life."

Well put, Dr. Smith. Sure, last year we were the foreclosure capitol with a rate of 9.5 percent, according to RealtyTrac. And yes, our housing prices are expected to plummet another 36 percent this year. But folks, these are not statistics about the people.

Yes, Forbes.com says 15 percent of Stocktonians will be unemployed by 2010. But joblessness is a problem the entire nation faces. And even though Stockton has one of the higher percentages, it was the national subprime mortgage crisis that catapulted it all, making our city just one of the many victims, not the culprit.

Even so, it doesn't mean we have to be miserable. Whether we’re gloomy or content essentially depends on our attitude and sense of hope.

"The economic state of Stockton and the declaration about it being the most miserable city are unrelated," said Sotere Torregian, a Stockton poet and visiting lecturer at Pacific. "I'm doing just fine, and it has nothing to do with economics. It has to do with my own state of consciousness. The city does not determine that. It's an individual's responsibility to maintain their own state of consciousness."

Senior Melanie Hash, a Stockton native, said, "I personally don't feel miserable. My family and I can enjoy ourselves by doing things that don't involve money. For example, we have family game nights where we play games like Rock Band, Guitar Hero and Scrabble."

And the fact that only 15 percent of Stockton adults have college degrees? While people with our degrees are more likely to be laid off these days, it doesn't mean that everyone without a college education is jobless, or that people without a degree are miserable.

In fact, none of these factors—unemployment, education, and foreclosures—necessarily make our city miserable.

"If you seek out the good things in the city, you'll find them, and if you seek out the bad things, you'll find them. It's not the unemployment figures and foreclosures that should dominate here," said Torregian. "In coming to Stockton in 2000, I discovered the marvelous Stockton Symphony, some wonderful friends, and the University of the Pacific, and for that I'm grateful. It doesn't matter where you're living. What does matter, and what does make a difference is that you maintain your strength of mind."

Our town, as a whole, may not be doing so hot economically. But we have to remember that our ranking is but a generalization of a city's surface. It is our moral fiber, culture and attitudes that determine whether or not we're miserable. A city is just a city. It's the people that make it what it is.

PERSPECTIVES

EDITOR'S RESPONSE

In response to comments posted on our website about last week's editorial, I would like to clarify the purpose of the story.

Yes, we understand that we are contradicting ourselves in saying that the event was not, in fact, the result of street racing, as stated in an article found earlier in the paper. We then turned around to talk about street racing. Street racing was a hot topic around campus. The University released a statement that mentioned the possibility of street racing and we were addressing any concerns that still remained about street racing in Stockton.

All that most students know about street racing is what they have seen in the series Fast and the Furious and other movies. It is essential to keep in mind the issues brought up in the editorial: we want to encourage students to think about the speeds they drive. People of college age and younger are the most prone to car accidents and that is a statistic that could be affected by the speeds people drive. The editorial states that "a car crash occurs every 30 seconds in the U.S." How many of those could have been prevented by the driver, we do not know, but this is something we can try to control in our own backyard. We would like to respect Koob and his passing by preventing anything similar from happening again; by reducing our speeds, and driving more securely and safely.

Devon Blount
Editor in Chief

THE PACIFICAN

SPRING 2009

More Ain't Always Merrier

Ophelia Turner
Pacifican Staff Writer

Most women would never dream of giving birth to eight children. Yet on Jan. 26, Nadya Suleman, 33 and unemployed, gave birth to octuplets. Even though she was already the proud mother of six, she felt the desire to have more. You have to wonder: is this woman able to manage 14 children, or is she just obsessed with having kids?

Suleman's decision to have octuplets has raised many ethical and medical issues. Some doctors said it was a bad idea for Suleman to have had eight embryos implanted in the first place, since it is harmful to both her and the babies. When she was given the option of whether or not to have all eight of them, she forcefully decided to keep them all, angering some doctors who disagreed with her choice.

She should never have had so many embryos implanted in the first place. This woman should have been aware that there is a sensible limit when it comes to having kids.

"After having six kids, this was an irresponsible choice," said Ana Landa, a junior Education major, "especially since she is jobless and husbandless."

see OCTUPLETS, next page
An Open Letter to the Pacific Community:

Why Dr. Pam Eibeck Should Be Our Next President

Dear Friends,

I am beginning to think that picking a University president is a lot like picking a new car—it says more about who you are than about where you are going. This isn’t to say that a new car or a new president doesn’t take you in new directions, or to new places, but more about the fact that selecting our car or our president is all about defining ourselves. I think we should take this opportunity to define ourselves in an innovative and energizing way.

As one of the few students to attend all three student forums, I got a chance to interact with each of the candidates in a way that really highlighted the differences among our choices. Of all the candidates, Dr. Pam Eibeck is the one who, for me, best reflects Pacific’s values of student-centeredness, distinctive programming, and practical, experienced-based learning supported by a strong faculty, close community relations, and a healthy financial base. Dr. Eibeck’s passion and commitment to our university base is self-evident. When I tell that she and I saw the same values were self-evident. When I committed to our university community, and indeed beyond it. And truth be told, I suspect we will be what we have in the future. In other words, those things would remain essentially the same.

I know that to many people, Dr. Ferguson seems like an especially strong candidate. He was charming and well-liked during his on-campus interview, and I predict that if selected, he would be well-liked by all members of the Pacific community and, indeed, beyond it. And truth be told, I suspect that if he was selected he would be a good president. But we shouldn’t settle for merely a good president. We deserve a great president, even if it means a year or two of uncertainty as the new president grows into the role. Some may see this as a risk, but it is a risk I think we should be ready and willing to take. I believe we deserve a Great President. For me, Dr. Eibeck is that Great President.

Nicholas Grainger

COP ’09

class review

history of modern philosophy

Raymond Zulueta
Pacifican Staff Writer

History of Modern Philosophy is a great class taught by Tye Raterman, this semester. While many see philosophy as a never-ending headache, this philosophy class is not the same.

“I enjoy the course very much. I’ve always been interested in philosophy, but this is the first actual class I have had the opportunity to take on the subject,” said freshman and Pacific Legal Scholar Anthony Garcia. “So far it seems incredibly interesting, and I really like how we are able to freely discuss how each of us has come to interpret the readings.”

When most people hear about Modern Philosophy they think late 19th century philosophers, but this class is the study of thinkers from the 20th century of philosophy. The main philosophers studied include John Locke, Rene Descartes, Karl Marx, and Sir Alfred Jules Ayer.

Raterman teaches in an open-ended style that allows all students in the classroom to engage in the learning process for better understanding. He doesn’t grade on correct answers, but on the ability to rationanly explain your ideas.

“The course wasn’t too bad. I will admit that it is tough sometimes to sit myself down every other night to read philosophy, but it could be worse.”

Questions that are commonly brought forth in Philosophy 55 include, what is the origin and nature of morality? Does God exist? And can humans know anything with certainty?

PHIL 55 is a two day a week class that last 1 hour and 50 minutes and it fulfills a major requirement as well as the II-B Worldviews and Ethics general education requirements. It is a very fulfilling class as, you will learn to broaden your horizons and think about things in different ways. I would highly recommend taking History of Modern Philosophy whether it be for fun, learning, or just as a GE requirement.

OCTUPLETS, from previous page

Suleman became pregnant with the octuplets via in vitro fertilization. The sperm donor, whom she calls a friend, is the father of all 14 children. According to the LA Times, she has no job and receives $500 a month in food stamps, but is not on welfare. Open to donations, the mother even made a website through which people can donate money. But with the economy in such a bad state, you have to wonder how she will be able to support her children. With plans to return to college for a degree in counseling, I doubt she will be able to make time for her huge family.

Suleman’s other children are between the ages of two and seven. Now with a total of 14 young kids, many people think she has made a huge mistake. However, Suleman told CNN that it has always been her dream to have a large family and to be a mother. “That was always a dream of mine, to have a large family,” she said. “And I just longed for certain connections and attachments with another person that I really lacked, I believe, growing up.

Suleman’s desire for a loving family will most certainly bring hardship to her and her octuplets in the future. She told The Sun, a British tabloid, about how her own family was dysfunctional and that her first marriage ended because she wanted children, yet couldn’t become pregnant.

This brings about the question of her decision to have 14 kids, since she is fully aware that she is unable to support them. She may truly love her children, but it is selfish to give birth to them only to fulfill a need for love and family that she supposedly never received.

Her decision was a big one, and shocking to people because of the health risk, as well as her current financial situation. Most people learn that it is important to have stability and a means of support before having children, and Suleman’s situation is the exact opposite of that.
Now vs. Then: Frosting

Heather Breen
Pacifican Copy Editor

When I was assigned this piece, I had no idea what to write. And since I've already spent quite a bit of my day typing on my laptop and using my brain to power through a massive paper, I want to write about something fun. And nothing is more fun than frosting!

But when I was younger, frosting was not for me. For one thing, I had a lot of trouble with the consistency of the food item. I didn't like the way the thickness would wrap around my teeth and tongue only to come off with a giant swig of milk.

I also hated it when frosting was grainy with sugar, because the little sugar particles made my imagination go wild with the possibility that they were in fact little ants and not sugar at all. (I must have rationalized this far-fetched belief after my mom told me it is acceptable for certain canned foods to contain a small percentage of bugs). And instead of getting a massive sugar high from the stuff like most kids did, I was left with a borderline headache. No wonder I didn't like frosting!

Now, as an infinitely wiser and more mature being, I have come to recognize frosting as the food of the gods. Not only is it a quick form of delicious energy, but it comes packaged in two standard ways. Either it's stored in a handy toothpaste-like tube for easy squeezing, or it is kept in a sealable jar that's just begging for a spoon to scrape its creamy, sugar-lined interior.

Emily Kaldhusdal, a senior majoring in international relations, cites frosting as one of her favorite desserts. "The way I see it, cake is only a vehicle for the frosting," She also notes that her favorite flavor of frosting is chocolate butter cream.

And frosting isn't limited to your basic vanilla and chocolate flavors. There is lemon frosting, cream cheese frosting (my favorite), strawberry frosting, and "funfetti" frosting which has colorful bits of candy blended throughout.

Frosting even comes in different styles, such as whipped, which makes for a lighter flavor, and extra creamy, which gives a richer, denser texture. Recently, Pillsbury.com announced their new low-sugar frosting (a paradox, perhaps?) in flavors such as vanilla, milk chocolate, and white.

Frosting tastes great on most sweet or bland items, such as breads, muffins, cakes, cookies, and fruit. However, I don't recommend trying it on carrots as I once did in a misguided moment of inspiration.

Professional Greek Organizations Are Worth It

Kelly Volkar
Pacifican Staff Writer

Many people—whether they are in college or not—know about social sororities and fraternities; however most do not realize, until they start their higher education, that there are also professional fraternities and sororities. Now when there is always the option of joining a social fraternity or sorority, some may ask "what is the point of joining a professional one?"

Jessica Jones, a sophomore and member Delta Delta Delta and Phi Alpha Delta (a legal/pre-law fraternity) believes professional fraternities and sororities are equally as important as social sororities/fraternities. "Not only do you get brotherhood, you also get benefits from connections made within the fraternity."

When asked what some of those benefits include, she replied, "leadership roles in an organization you feel strongly about, internships, workshops (LSAT workshops in my case), meetings with professionals in your field of interest, and the networking you have with not just your chapter, but chapters across the country."

However, it is easy to see why networking would be important for future lawyers, or even for future pharmacists, but what about those with less defined careers? One such professional sorority would be Sigma Alpha Iota. Networking is just as vital even in an area that is broader, such as "music". Sigma Alpha Iota has connections with all sorts of different musical professions. Sharon Su, a freshman rushing Sigma Alpha Iota, stated that one of the benefits that most attracted her to the professional sorority was "if you ever need grants or money for your career, you can petition the national Sigma Alpha Iota and they’ll give you the money you need." Even more importantly, Sharon Su feels that it is "fulfilling to be with all of your sisters who love music just like you."

Another professional fraternity on campus is Delta Phi Epsilon, a Foreign Service interest fraternity recently brought to Pacific. In this fraternity, there are possible scholarships for studying abroad, as well as connections nationwide with people who may have already travelled to the place where you are planning to travel. So are professional fraternities and sororities worth it? Definitely yes!

You Be the Judge: Drugs and Youtube

Jasmine Patel
Pacifican Staff Writer

Where does one draw the line between just plain hilarious and exploitative when it comes to a YouTube video? The latest viral hit is of a son who has just come out of oral surgery and a father who videotapes him as he is at the center of debate among viewers. The son is delirious since he has just come out of anesthesia and isn’t aware just yet of his surroundings. At some points in the video, he screams and even questions his own sanity. The father asks him casual questions all the while videotaping his son’s answers.

Though the video means no harm, some viewers believe that the father comes off as an irresponsible parent. However, is there anything wrong with having a little fun with one’s child and sharing that special moment with the world? The father, being a responsible parent, took his son to the dentist for surgery and brought him back home safely. In the future, both of them can look back on this video and get a good laugh. So in the end, there was no harm done to the child, but after viewing the video, you can be the judge of that.
carpe diem
Frozen, not fried

I'm not a big fan of desserts, but I will make nice with a few exceptions, one of them being frozen desserts. Frozen desserts are comforting and can be eaten when the days are cold, warm, hot or just plain bad. With global warming to consider, frozen desserts may end up being liquidated—literally—but let's not think about that just yet.

Unbeknownst to many Pacific students, frozen deserts have been a significant "hot spot" in the Stockton community. With its numerous stores for ice cream and frozen yogurt, Stockton seems a little sweeter. Within a 5 mile radius of the university, there are approximately two frozen yogurt shops and three ice cream stores.

However, is one any better than the other? Either way, you get what you ultimately want: cold, delicious sugar.

Frozen yogurt has always been the less popular cousin of ice cream. However, health concerns and diets have increased the appeal for frozen yogurt, which contains less fat. The rising popularity of frozen yogurt in southern California may start to spread the idea into Northern California. In the Bay Area, frozen yogurt stores have become trenderier and more appealing to the late night crowds.

The Grove offers a triplex of frozen yogurt at a self-serve machine, and Tiger's Yogurt, Pacific's namesake yogurt boutique, is a hidden gem that provides friendly customer service and large servings. Yogelina and TCBY (The Country's Best Yogurt) are other companies that serve the Stockton community.

If the rumors are true, there may also be a new yogurt store coming to Stockton. However, I don't know how well it could stand with a late night Stockton crowd.

Although frozen yogurt is "all the rave" right now, the comfort of ice cream still warms us up inside. Ben and Jerry's, Baskin Robbins, and Cold Stone Creamery, are just a few businesses that offer more than one franchise in Stockton. Although ice cream may not be as inexpensive as frozen yogurt, ice cream provides a different texture, good for root beer floats and breakfast in bed, and evokes emotions that remind us of home.

Ice cream derivates, such as gelato, spaghetti ice, Dippin' Dots, or root beer floats and even the small bite-size dollar ice creams in the supermarket, are gaining popularity, competing with frozen yogurt for dominance of the frozen dessert industry.

For those who want to sample different types of frozen desserts, try frozen custard, an enjoyable substitution for standard ice cream, made with milk, eggs, and sugar. Sorbets, made from water, juice, chocolate, wine, or liqueur, are non-dairy and can be a good substitute for ice cream and fro-yo for lactose-intolerant individuals.

My own recommendation for a frozen dessert comes all the way from the outfield of our frozen dessert playing field: the frozen chocolate banana. For some, it may seem surprising that fruit can be frozen, and my own personal experience with making frozen banana was not as successful as I thought, but finely done frozen banana is a treat that appeals universally. Frozen bananas can be dipped in chocolate or eaten alone, and provides a tasty serving of fruit for your daily diet.

With the introduction of more innovative frozen products, desserts can be fun and figure-friendly. Just remember to always consume in moderation, and frozen desserts will be less an abomination and more of a companion.
WIZ KID'S CORNER

Stress

We all know about stress as college students, especially since most of us undergo its presence on a daily basis. Every person has their own interpretation of it and coping mechanisms to combat its haunting certainty.

In our individual lives, we might consider our particular case more stressful than others since there is nothing worse than what we experience firsthand. The interesting thing about such a mundane concern is that we overlook the situations around us that might be of more concern. As undergraduates at Pacific, what exactly are sources of stress?

The very foundation of our woes obviously lies in the amount of work put toward our academic pursuits. Everyone is here for a reason and, depending on their field of study; their world load usually has positive correlation to the amount of stress.

We often come across the science majors who spend their life at the library, or an individual who lacks a social life due to their work load. We might fail to see how effort exerted now will pay off in the future, but our academics are dictating our every move. Needing to study for exams, homework, reading assignments, presentations, etc. becomes overwhelming when multiple deadlines are approaching. The time allotted to our studies is of utmost concern to most of us.

Being a college student not only entails academics, but a personal life filled with a variety of activities and experiences. Many students at Pacific are involved in extra-curricular activities that require a certain amount of dedication and have deadlines. Athletes, for example, need to find time between practices to fulfill their requirements as students. Students involved in academic and social clubs need to make sure that they are doing their part to keep their organizations moving forward.

Our relationships with the people in our lives can sometimes be the main source of frustration. The friends and classmates we have at Pacific become our family away from home who must somehow fit into our busy schedules. We try to keep our social life as healthy as possible while still maintaining the rest in place. Many of us live away from home, where we have family and friends we stay in contact with. Becoming home sick is also a common stress and it can directly affect all of our activities. Knowing how to balance our academics, extra-curricular activities, and social life is a rather subjective topic that we all must learn to do to the best of our abilities. Making sure our priorities are straight and allotting time to our activities according to that rubric might also be a stressful situation, but is essential to keeping us sane. Our capability of dealing with stress is different to every individual and the symptoms vary, but it might be useful to talk to a friend or counselor that might be well versed with the specific situation we are undergoing.

Sometimes stress really takes a toll in our lives and it's difficult to cope with certain situations. Exercise is perhaps one of the healthiest ways of achieving mental and physical well being and keep ourselves focused and full of energy.

With time, we become accustomed to our own coping mechanisms. Some of the most common ways to deal with stress as college students might include taking a break and indulging in activities we enjoy doing. Key to managing and dealing with stress, is understanding that stress is an inevitable reality and that life goes on. It is here to tell us that we need to manage our time better, take a break, or talk to someone about what is going on in our lives.

movie review

slumdog millionaire

The Golden Globe winner for Best Drama, Best Director, Best Screenplay, and Best Original Score, Slumdog Millionaire is a captivating Cinderella story of tragedy and triumph. As of Sunday, the film won an Academy Award for Best Picture, as well as seven other Oscars.

As the film begins, the camera reveals Jamal Malik (Dev Patel) being tortured and beaten by a police inspector who believes that Jamal has cheated on the Indian version of the game show Who Wants to be a Millionaire. Jamal has reached the final question on the show, and the authorities cannot believe that he honestly knows all of the right answers. They ask Jamal, question by question, how he knows each of the answers.

The film flashes back to Jamal's childhood in the slums of Mumbai, India. A string of heart-wrenching situations reveal Jamal's difficult relationship with his brother Salim and his love for an orphan girl named Latika. Cleverly, Jamal discloses the answers to each question through these flashbacks to his past. The police release Jamal, allowing him to move on to the million-dollar question. But does he know the answer?

The plot involves further complexities, but provides such an engaging story that it is best left for each viewer to discover them for himself. Unlike some films in which flashbacks seem unnecessary or ornamental, the use of flashbacks in this film contributes so much that it is difficult to imagine how the film would function without them. Through these flashbacks, the story is seamlessly woven, producing an intricate work of art.

Honestly, this movie has such a universal appeal and such believable characters that it will easily please any audience. Even the Bollywood dance number at the end of the film feels like the perfect fit for such a hopeful fairy tale. The movie blends real-life issues of poverty and crime with the hope of love and opportunity, and although it explores the grizzly side of life, it balances itself with simple comedy. Slumdog Millionaire is an uplifting rags-to-riches tale which once again proves why everyone loves to root for the underdog.

book review

college girl, by patricia weitz

This past holiday season, Patricia Weitz's debut novel College Girl hit the presses. College Girl is a quick read, with a main character whose innocence is a trifle pathetic, yet extremely endearing.

The novel follows fictional college student, Natalie Bloom, who is a senior at University of Connecticut. As a transfer student, it is her first year living the four-year college life, dorm rooms and all. The change in environment for the wide-eyed and frazzled Natalie is overwhelming and, for the reader, emotionally arduous at times.

Being the youngest of six brothers, Natalie is disturbingly shy, eternally affected by her sisters' suicide, which takes place before the start of the novel. She buries herself into her studies, and her anxiety-ridden personality.

Natalie is your typical insecure, yet stunning (unbeknownst to her, of course), shy, girl next door. She spends every waking moment in the library, pushing away anyone and everyone who might give her attention, taxing her anxiety-ridden personality.

When fellow student Patrick comes her way, something happens that has never experienced. He is everything she's not: confident, self-assured, high, and sexually experienced. All of a sudden, Natalie isn't Natalie anymore, as she consumes herself only with becoming someone he would want to be around.

College Girl speaks to ladies who have changed who they are because they were smitten and stupid. But Natalie learns, and hopefully so will you, after reading this emotional and cringe-worthy tale of awkward, virginal Natalie Bloom, a character brought to life honestly and beautifully by Patricia Weitz.
P.R.I.D.E. Pleasure Party: Sexiest Party on Campus
Nicole Eicholtz
Pacific Staff Writer

Pacifc's P.R.I.D.E. Alliance started Valentine's Day season off right with its annual "Pleasure Party." The event took place Wednesday, Feb. 11 in the Regent's Room right here on campus, generously bringing "joy-gasms" to all who attended.

The steamy session included a presentation that covered the ins and outs of sex toys and products, and of different prizes, including games, toys, and lotions.

Christine Osborne, treasurer of the P.R.I.D.E. Alliance, says, "It's a fun and safe environment for girls to be informed about how fun sex can be, as well as the safety that should be recognized by sexually active couples."

The party was a girls' only event, which allowed the frisky females to let loose and join in on the activities as much as possible without much fear or hesitation. Osborne adds, "My sex-ed program in high school was not very comprehensive, so it really is a benefit to have presentations like this at [an event] at the university."

The goals of the P.R.I.D.E. Alliance involve open-mindedness and liberation, and that includes everything sexual. The Pleasure Party provides a fun opportunity for both the gay and the straight to explore their hedonistic tendencies, free from judgment, the way it should be.

For more information about the P.R.I.D.E. Alliance, your resource for the lesbian, gay, bisexual, transgender, intersex and queer community, visit the P.R.I.D.E. Center, located in the Multicultural Center, of the McCaffrey Center, or call (209) 946-2512.

EVENTS CALENDAR
February 27
February 25 - March 1, 8:00 p.m. - 10:00 p.m.
Long Theatre Free

March 2 - April 10
In Dialogue with Ansel Adams, an art exhibit at the Reynolds' Gallery
This is one of Ansel Adams' pictures from the Yosemite National Park. Some of Adams' original work will be displayed on campus as part of the 2009 Brubeck Festival.
8:30 a.m. - 4:30 p.m.
1071 W. Mendocino Ave., Stockton.

Check out more sudoku & comics online at www.thepacifican.com!
SPORTS

Meghan Mullen Named
"Athlete Scholar of the Year"

Heather Breen
Pacifican Copy Editor

Meghan Mullen is one busy Pacifican. Not only has she been an active member of the cross country team during her entire Pacific career, but she has also managed to maintain excellent grades and get her feet wet in regional politics.

When asked about how people have reacted to her receiving this recognition, Mullen laughed and replied, "Well, word hasn't really gotten out yet. And I'm not the type to brag."

Bragging aside, Mullen's athletic accomplishments are noteworthy. During the 2007-2008 school year, Mullen finished with a personal best in the 6k at the Chico Invitational with a time of 23:38. Mullen ranked 13th at the Sacramento State Invitational and at the Gator Invitational. Mullen contributed to a team high finish of 170th place at last year's NCAA West Regionals.

Mullen said that, "being involved in sports helps me stay dedicated to my academics. If I have to go to practice or to a meet, I have to fit in my schoolwork as well." Mullen added that the combination of athletic and academic commitments "keeps me on my toes. In fact I do worse in school when I don't have to go to practice or when training ends."

Off the course, Megan Mullen is completing a major in political science with a minor in economics. This semester she is serving campus as a teaching assistant, President of Mortarboard Honor Society, and secretary for the Pacific Student Athletic Club. She also honed her political skills as an intern for Congressman Jerry McNerney's campaign, leading campus recruitment and canvassing efforts.

Currently, Mullen is busy as a first timer on the Pacific Rowing Team. Since cross country season is over, she needed another sport to keep her "on her toes."

After May graduation, Mullen hopes to "take break from school" and work in politics or as a teacher with the national organization Teach for America. Her ideal job would be to land an internship in a congressional office in Washington D.C., but she says things are still up in the air and that "no post-graduation plans are certain."

Mullen exemplifies a scholar athlete. Her pursuits of athletics, academics, and political activism make her an ideal candidate for Scholar Athlete of the Year.

Volleyball Players for Dentistry!

Seema Ghatnekar
Pacifican Managing Editor

One thing that most sport fans don't associate with volleyball players is dentistry. But that's what juniors Olivia Riley and Masha Vaysburg are all about. On top of already heavy workout and practice schedules, these two exceptional players and students have to face a full work and class load at the end of the day. Both students have such busy schedules, as they will be applying to the Arthur A. Dugoni School of Dentistry this summer.

Riley and Vaysburg are members of Club Scope, which is targeted to provide underprivileged individuals with dental services. Club Scope on Pacific's campus is also a means to spread dental health to children. The two volleyball players also have officer roles in the club—Riley is the club's historian and Vaysburg is the public relations officer.

Riley explained that they "absolutely love working with Club Scope and helping kids learn about dental hygiene. The hands-on experience with the kids is awesome and it's really rewarding to see the kids get so excited about a subject we are so passionate about. Since we have so many time constraints playing volleyball, we don't really have time to shadow [dentists to gain dental experience], so we definitely take advantage of these opportunities that we get."

Just speaking with Riley makes one wonder how there are enough hours in a day to juggle sports, school, some fun (if that is even possible), and a passion for dentistry. Catch both of them on the volleyball court when season starts up again in the fall, or find them in your local biology classrooms on campus!

Athletic Training
Tip of the Week

Muscle Soreness

Brought to you by the Pacific Athletic Training Education Program Students

Being sore after a workout is not an uncommon event. Sometimes people are sore after a long and exhausting workout, other times the soreness comes after working a specific group of muscles in one exercise session.

Soreness is caused by overexertion when conditioning or during fitness training at an intensity the person is unaccustomed to. There are four signs of overexertion: acute muscles soreness, delayed muscle soreness, muscle stiffness, and muscle cramping. The older the person, the more easily soreness seems to happen.

There are two types of muscle soreness.

Acute-onset soreness: this soreness happens during or immediately after exercise.

Delayed muscle soreness: this soreness does not occur until 12 to 24 hours after exercise. This is the soreness you feel when you wake up the morning after a workout and then find yourself unable to get out of bed.

Beginning an exercise session at an easy level and then working up to a hard workout can prevent muscle soreness. If you do feel sore static stretching of the sore muscles is always a good treatment. Icing the sore muscles within the first 48 to 72 hours will also help with the pain and muscle spasms. So the next time you feel sore after exercising consider making your workouts gradually increase in intensity. Make time to stretch once you have finished. You can also ice for 20 minutes and then stretch in order to reduce the pain from the muscles spasm.

Have Questions? Please email k_burnett1@pacific.edu

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The Pacifican FEBRUARY 26, 2009
Pacific Plays Pink
Elizabeth Crousetiere
Pacifican Staff Writer

Saturday, Feb. 21 was the 2nd annual Pacific Plays Pink game. Pacific Plays Pink is a game where Pacific women’s basketball teams up with St. Joseph’s Medical Center to raise funds for breast cancer awareness and research. The ladies wore pink uniforms and accessories as the coaches and dancers followed suite donning pink items. The Alex G. Spanos Center was decorated with pink balloons and colorful pink booths.

Vendors came and handed out pink shirts and scarves. There was also a raffle to win pink memorabilia and many pink inspired items were for sale. Many fans came adorned in pink gear. Some of the most memorable ensembles were the women’s soccer team with white and pink hand-painted shirts and the water polo team’s pink body paint with Speedos. The game was decorated with pink balloons and pink inspired items were for sale. Many fans came to cheer on the Tigers as they raised awareness for breast cancer.

The second half did not start well for the Tigers. Within the first 3 minutes the Mustangs were able to extend their lead to 19 points in an 8-0 run; the highest of the game. The Tigers stepped up their game answered with a 12-4 run with 3 three-pointers and put them at their largest lead during the half by 16 points. The Mustang lead did not drop below 10 points for the rest of the half.

The Tigers fell behind early in the game. They were up by 2 points for the first 5 minutes but lost their lead in a 9-0 run by the Mustangs for 13-6. After losing their lead the Tigers were not able to recover for the rest of the first half. The Mustangs continued to make shots with a 24-6 run which ended at 5:31 and put them at their largest lead during the half by 16 points. The Mustang lead did not drop below 10 points for the rest of the half.

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Alex Rodriguez and His Steroids
Lindsey Ball
Pacifican Staff Writer

After Alex Rodriguez's confessed to using steroids, fans everywhere saw him as a disappointment and just another cheating ball player. Cheating in major league baseball by using performance enhancing drugs has become a massive problem. Alex Rodriguez is only one of the 104 players who tested positive in the group of anonymous tests that were administered for statistical reasons back in 2003.

Even after confessing, Rodriguez's story keeps changing. In fact, it seems that he becomes guiltier with every question he has been asked. In an interview with ESPN's Peter Gammons, Rodriguez was vague regarding what substance he used and how it was obtained. He tried to play it off as if he was not completely knowledgeable of what the drugs actually were. After a series of questions from different interviewers, this was clearly not the case. Another inconsistency was evident in Rodriguez's claim that he stopped using the drugs once the team decided in a vote to actually have testing done on a regular basis for steroids. Rodriguez said the vote happened in 2003 when, in fact, the team voted in 2002. Rodriguez clearly did not stop in 2002 because the test he failed along with 103 other individuals was given in 2003.

Rodriguez has admitted to using two different types of performance enhancing drugs: testosterone and methenolone 2001 to 2003. According to ESPN, Rodriguez admitted that he and his cousin injected the drugs into each other twice a month for six consecutive months, for a three-year period. The drugs used don't bulk up users with muscle mass—they increase strength and endurance which causes the user to want to work out and lift weights for extensive periods of time resulting in a rapid increase in strength. Obviously strength is the key to hitting home runs. Alex Rodriguez did not do as well as he did when playing for the rangers because of pure, raw talent. He took performance-enhancing drugs that gave him an unfair advantage over the "clean" MLB players.

What this means for A-Rod's career is not yet settled. Because of the Baseball Players Union, he cannot be officially punished for using the drugs anytime before 2002, but he can be punished if he ever distributed the drugs to other players. This will be determined once MLB undergoes extensive investigation and questioning of Rodriguez.

Unofficially, Rodriguez may have to kiss his prospective Hall of Fame status goodbye. Even though he is still a very strong player without steroids and has done very well these past years, he still has a tainted record. Making the Hall of Fame is not for players who had an unfair advantage, even if it was for only three years of Rodriguez's career. The years Rodriguez was playing for the rangers, he won an MVP award. He is on pace to break Barry Bonds' home run record and now he has been proven to have stooped to the same level as Bonds.

When Rodriguez confessed to using steroids, it was a complete disappointment for baseball fans. Alex Rodriguez had always been considered the young, naturally talented player who would take baseball away from the notorious implications that it is full of steroids.

 Interested in sports and have work-study? 
Come work for the Pacifican! 
Staff meetings are open to the public, Thursdays Knoles 212, during the Pacific Hour!
Pilates:
Working Both Body and Mind

Andrea Soto
Pacifican Advertising Manager

At the age of 86, Joseph Hubertus Pilates stated, "I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."

Joseph Pilates is, of course, referring to his very own exercises now collectively known as Pilates. Back in the 1920s, Pilates was labeled as a system of contromel exercises, meaning that one learned to control the body's muscle use and rate of breathing. According to MedicineNet.com, "he first used the program for the rehabilitation of soldiers and dancers that were looking to relieve their pain and strengthen their body."

Today, Pilates continues to be viewed as a series of healing exercises meant to strengthen and lengthen the body's muscles while focusing on controlled breathing. Practicing Pilates helps you learn to control your muscles by keeping your body balanced and supporting your spine.

Luckily, we are able to receive the benefits of these exercises in the Pilates class held in the Baun Fitness Center. The class begins with a short stretch used to warm up your muscles. The class is then divided into several sets that are each responsible for targeting a specific muscle group. Among these sets are crunches and stretches used to target the core powerhouse region of the body, otherwise known as, the abdominal and back muscles.

The Pilates class is meant to challenge your body, regardless of your level of fitness. "At first, the exercises could be challenging because you have to make your body as flexible as possible," freshman student Laurenza Dominguez stated. "After a couple classes, however, you begin to notice a difference in your body's strength and ability."

The Pilates class is held once a week on Mondays from 5:15 p.m. to 6:00 p.m. I would recommend trying the class because it teaches you to become aware of your body's natural ability, flexibility and rate of breathing. The class delivers challenging exercises that are meant to keep your body and mind strong now and for years to come.

Dunk Contest or Dunk Show?

Nathan Wenger
Pacifican Copy Editor

NBA All-Star Weekend 2009 is in the books, with the Western Conference winning the main event 146-119 on Sunday evening. As usual, Saturday night's dunk contest was one of the main draws for basketball fans around the country.

This year's competition was a battle between 2008 Champion Dwight Howard, 6'11" and 2006 champion Nate Robinson, 5'9". However, the real story for the night was that Lebron James announced he would be taking part in next year's competition, an announcement fans have been waiting for since the Cleveland Cavaliers drafted him in 2003.

As exciting as this seems, the future of the NBA's Slam Dunk Competition looks shaky because it seems to be more of a performance than a competition these days. Nate Robinson would not have won this year's competition without the help of Dwight Howard.

Dwight Howard made a scene when he had a hoop that was about 2 feet taller than regulation size rolled out onto the court as he quickly changed into a Superman outfit in a fake telephone booth on the side of the court.

After slamming home some powerful dunks, it appeared as if he had the competition won. Then tiny Nate Robinson brings out a green ball that the announcers were calling the kryptonite ball, and he jumps over Dwight Howard and slams it home to win the competition.

Although the dunk was somewhat creative, and the show was probably fun for all the kids at home, there was no sense of competition in the contest, and it felt as though they were just out there doing a skit for their national audience. It just feels light years away from the competitions won by Vince Carter, Kobe Bryant, and Jason Richardson to name a few.

Upon winning the dunk title, Nate Robinson said, "I got the championship back to New York City. You know, I thank my teammates for really, you know, being there for me in practice." Make sure they thank you too, because you brought the Knicks only championship for 2009.

Hopefully, Lebron James brings his competitive nature to the contest next year. It will not be surprising if the contestants come out and do some interpretation of Shakespeare with Lebron playing the King and other players plotting to dethrone him.

That being said, cross your fingers and hope that we will see a more classic competition with the best athletes in the world trying to one-up each other with the most creative and jaw dropping dunks we have ever seen, and not some cheesy Superman skit with a predetermined winner.

Pacific's Rock Paper Scissors
Challenge a Success

Cristy Yadon
Distribution Manager

For the first time, Amp Energy Drink hosted a Rock Paper Scissors Challenge for Pacific students on Saturday, Feb. 14. Freshmen Andrew Wilhelm won the tournament and a free trip to MTV's Spring Break in Florida, where he will compete against the winners from other schools across the country.

There were about 60 people in attendance, between the competitors and the spectators, and everyone was welcome to free Amp, provided by the Amp representative on campus, senior Bill LaHaye.

There were 42 hopefuls at the start of the event and all competed in a single-round elimination. Each round was won in best out of three and the winner of each round progressed to the next round. The competition came down to ten people, so a round robin occurred to determine the bracket of the final eight.

In sport, the round robin refers to the event when each player or team in a group takes turns to play one another a set number of times. The round robin eliminated one person from each group of five, which finally decided the final eight.

To advance to the final round, the players endured three rounds of the original best out of three. The two final contestants were Tyler Van Hensbergen and Andrew Wilhelm. They went back and forth exchanging rocks and scissors, but it all came down to the last throw. Each competitor had one point and in the final throw the best of three Wilhelm threw rock to eliminate Van Hensbergen's scissors.

Wilhelm claimed that to train for the event he, "Drank lots of liquids the night before, stayed up all night thinking about [his] moves, showed up, drank a Berry Amp, and did work." He admits that his favorite throw is scissors, but he intends to win in Florida with the consistent rock.

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DeSean's Sports Update

You need to find a balance in life: Preparing for the future by focusing on the now. Look around, but don’t drop the vinegar.

NFL
At the scouting combine, wide out Johnny Know from Albion Christian clocked the fastest 40-yard dash in the last decade with a time of 4.26. I have never heard of this guy, let alone this school. Additionally, Percy Harvin and Darius Heyward-Bey both recorded times below 4.40, which means they will be successful pros with long illustrious careers. (Personally, I think the combine is as useful in rating an athlete's ability to play football as a picture on a menu is useful in rating the quality of the food).

Until someone stops signing his NFL paychecks, Patrick White will not give up his conquest to be a passer. Until then, White is going to depend on his athletic ability to become a quarterback, similar to the way fraternities depend on alcohol to attract girls.

NBA
Rafer Alston is giving the Magic something they have not had since Jameer Nelson went out with a shoulder injury: a chance to win games and make a championship run. With Dwight putting up big numbers and winning his Oscar pool, the Magic is looking like a contender.

Bad news for the rest of the league. A few days after the trade deadline, the Cavaliers traded nobody for guard Delonte West. His first game back, West put up 25-5-4 in 33 minutes. The Cav's are also looking like a contender and probably is the "Slumdog Millionaire" of the NBA.

MLB
Johnny Damon can’t pay his bills, while Xavier Nady can’t buy an apartment. Damon received $13 million last year, while Nady made $6.5 million. Is the economy so bad, a Snickers bar costs a C-note? Nope, both Yankees are involved in the Stanford Financial Group scandal, which is an extension of the $8 billion fraud scheme involving billionaire financier Robert Allen Stanford. (That’s why I keep all my money in a pit beneath the tool shed).

College BB
Oklahoma’s Blake Griffin went down with a bloody nose and supposedly a concussion. Griffin could have played and Oklahoma would be ranked #1 in the nation. Instead, Griffin is soft, took the bench and saw #2 ranked Oklahoma lose to the Red River Rival Texas.

Maryland is a big fan of beating North Carolina, just like how Swensen is “a big fan of love,” but also needs to step up their game against Duke and Wake Forest, just like how Swensen needs to step his game up and do those case studies.

2009 Senior Class Gift

Your senior class gift of $20.09 to the Pacific Fund will enable undergraduate students, graduate students and faculty to pursue research initiatives, hands-on learning, academic innovation, multidisciplinary collaborations and travel abroad. Be a part of this groundbreaking tradition! Help us support our faculty, strengthen our programs and prepare our fellow students to be tomorrow’s leaders.

Your class gift will be acknowledged in a time capsule buried under a Class of 2009 Stepping Stone on campus. Inside the time capsule will be a video of seniors giving their 'shout-out/props' for Pacific posterity. Don’t be the only one not in the video. Make your gift today!

Look for the Students in Philanthropy Council at these events to make your Senior Class Gift!

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>February 12, 2009</td>
<td>7:00 PM</td>
<td>Alex Spanos: Men's basketball vs. Cal State Fullerton</td>
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<tr>
<td>February 14, 2009</td>
<td>7:00 PM</td>
<td>Alex Spanos: Men's basketball vs. UC Irvine</td>
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<td>February 25, 2009</td>
<td>7:00 PM</td>
<td>Alex Spanos: Men's basketball vs. UC Davis</td>
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<td>March 7, 2009</td>
<td>7:00 PM</td>
<td>Alex Spanos: Men's basketball vs. Cal State Northridge</td>
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<td>UC Ballroom: Career Faire: 11:00 a.m. - 4:00 p.m. (tentative)</td>
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<tr>
<td>May 5, 2009</td>
<td>All day</td>
<td>UC Lawn: Senior Celebration</td>
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For more information, call the Pacific Fund Office at 946-2780 or Kate Hutchinson ’09, chair of the Senior Class Gift Committee, via email at seniors@pacific.edu or through Facebook.

Also, feel free to stop by the Pacific Fund Office anytime to make your gift. Hand Hall, Room 220, 8:30 a.m. - 4:30 p.m.