Aids Awareness Hits Campus

Kiosks around campus have been decorated by the Multicultural Center to remind people of Aids Awareness Week and the events planned.

Chinwe Obonje
Staff Writer

This week Pacific is host to their second World AIDS Awareness Week. Monday ushered in the week with informational fliers, and postings. Tuesday brought a discussion forum hosted by the Multicultural Center about the Myths of AIDS. Also, a community activity called the Wall of Hands was held, a symbol of support for those affected by HIV/AIDS. On Wednesday Youth Speaks, a slam poetry group, held a workshop and performance. After the performance a reception was held where students met the artists.

Today, San Joaquin AIDS Foundation will bring the AIDS van on campus by the Baun Fitness Center for free HIV/STD testing. There will also be an open forum hosted in the Multicultural Center at 6 p.m. on stigmas related to HIV/AIDS. Friday will bring a Candlelight vigil at Morris Chapel by 6:30 p.m. as well as the International Dinner a cultural event sponsored by United Cultural Council at 6:00 pm in the Raymond Great Hall.

Finally, on Saturday, Celebrate Diversity is sponsoring Pacific’s first Multicultural Ball. The ball is a formal event that hopes to promote cross cultural interaction in a fun environment complete with a “mocktail” bar, ball pictures, red carpet, appetizers from around the world and raffle prizes. The finishing touch on the ball will be two members of the Pacific community crowned as Multicultural Royals: people who emulate Multiculturalism in their everyday lives.

Seven students participated in the event that went to the farm last Friday afternoon. Michael Rossi and Laura Freeman from Heifer International led the tour, teaching about animals, shelters, and training Heifer gives. After the tour Rossi and Freeman helped Pacific’s students make home made tortillas and butter, a common meal in communities assisted by Heifer.

Heifer International is a non profit organization that gives farm animals, trees, and training to people and communities all over the world who are suffering from poverty. Heifer’s mission statement focuses on using “sustainable solutions to hunger” by giving “living loans” of cows, llamas, goats, bees, chickens, rabbits, ducks, water buffalo, and other multi-use animals based on the situation and resources of the communities.

Heifer teaches students how to use these animals to help themselves and others. A Gives Freedom event will also be held on campus.

Learning Sustainability Organization teaches through example

PEACE begins when the Hungry can Feed THEMSELVES

Photograph by Jenn Hite-Smith

Firefighters rescue victims from the staged explosion.

Jennifer Hite-Smith
Co-Editor In Chief

The Social Justice Community sponsored a trip for students to visit the Heifer Learning Center located only 40 miles from University of the Pacific in Ceres, Calif.

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Pi Kappa Alpha GETS A HIT OF REALITY FOR A GOOD CAUSE

Second Harvest Food Bank through collection points on campus. As part of the fund-raiser, the official “Hit of Reality” t-shirts also will be sold for $25 and $30, depending on the style of the shirt.

This year, the fraternity hopes to raise $10,000 for Second Harvest. As a reminder, food banks across the nation are being hit incredibly hard this year due to the downturn in the mortgage lending market.

For more information, call Mark Phillipe at (503) 804.9127 or e-mail him at mgp.503@gmail.com or John Orofino at (415) 509.5163 or orofinow@aol.com

Donations can be mailed to
William Lahaye,
Pi Kappa Alpha #18,
3640 Pacific Ave., Stockton, Ca, 95211

Taking A Step In The Right Direction

Stockton 20/20

A look into the organization

A unique new group of young people just out of high school have found a new organization that helps them give back to the Stockton community, meet new people, and gain valuable work experience.

Heather Breen
Staff Writer

An all too common complaint among young Stockton residents is that there is nothing to do in their city. Well, that's beginning to change thanks to a unique group called Stockton 20/20.

Stockton 20/20 is a youth-based advocacy group put together by Stockton youth. Nabeel Cajee, Executive Director of Stockton 20/20, says that the group was created in response to the lack of youth groups available for young people who have graduated from high school. Indeed, Stockton 20/20 is empowering because it serves as a support system for youth while uniting them in larger causes concerning their city.

Cajee prides the group for giving young adults a chance to influence change locally while developing skills that empower them professionally and personally. For instance, the organization creates film trailers that highlight prominent problems in the Stockton community. Those who produce the trailers not only contribute to the organization but gain valuable skills in film production and technology that they can use later down the road.

Currently, members of Stockton 20/20 are campaigning for the improvement of libraries in the Stockton Area. Members justify the library campaign as a worthy cause because public libraries are a primary component of the quality of life in any community. Members hope that a Library Summit hosted in January will draw a crowd of 400 people to show support for the campaign.

The organization's current advertising goal is to make an online store that sells t-shirts designed by young artists in the Stockton Area. "This step will help Stockton 20/20 to establish their corporate identity. It hopes to become a nonprofit organization within the next few months. Cajee says that this step will help Stockton 20/20 institutionalize the work they do as well as establish their corporate identity.

For more information on Stockton 20/20, interested individuals can contact the office at (209) 323-2042 or visit the website at Stockton2020.org. The group also has a myspace page and facebook cause.
Students Travel The World in One Night

The International Club hosts their annual photography show featuring works from students who studied abroad

By Vivian Lee
Staff Writer

Last Thursday night, the Bechtel International Center and School of International Studies opened the second annual International Art Show. Students are being brought to different countries—Italy, China, Argentina, New Zealand, and many more—through the art of photography.

Students who traveled abroad were encouraged to contribute photos from their trips which will be up for exhibit in the art show the few last weeks of the semester. The photographs are being sold for five to twenty five dollars, depending on their sizes. Profits will be donated to Global Eyes: an organization helping children in Kenya.

The art show runs until next Friday in the Bechtel Center during regular hours. The center hopes the event will encourage students to explore their options in the study abroad programs.

HEIFER
Continued from front page

these animals can be used for more than just meat; they give milk, manure for crops, draft power for farming, and by giving newborn animals to other's in the community, one gift can bring sustainability to many families.

Donna McNeil, Pacific's Community Minister, helped organize the trip. "I enjoyed learning about Heifer International," she said, "All of their projects keep sustainability in mind, which is absolutely essential for long-term development."

Pacific's Social Justice Community works with multiple student groups concerned with social issues. Trips like the one to the Heifer Learning Center allow students to collaborate their efforts. McNeil explained it gives students with concerns about the environment, hunger, or globalization can come together.

The Heifer center in Ceres, Calif, is permanently discontinuing educational tours this week to become a training center. But a new educational center is opening near San Francisco. Sandy Groll, Education Coordinator for the Ceres Center, hopes the education programs will be starting in 2008 at the new Palo Alto center.

For more information or to make a donation, visit www.heifer.org or call (800) 422-0474.
Editorial: The Understaffed Summit

Our full service café, The Summit, leaves many wanting more. There is always a long line and slow service no matter what time of day you decide to stop by. The main problem, we believe, is the minimal staff kept at all times of the day. It seems to take an inordinate amount of time for a sandwich to be made, or the grill to make an order. If there were more staff, more orders could be tended to at the same time. In the later hours of the evening, the Summit works with a skeleton crew. It makes sense to have less people at night than during daytime business hours, but the number they are working with is simply not enough. For example, students can spend up to 15 minutes in the Summit waiting for one item.

Students also have to wait long periods of time to pay for their meals. We understand the side tasks have to be taken care of, such as cleaning tables, stocking, etc, but in order to keep the other stations tended to an additional person should be hired. The Summit is usually losing money to impatient students who walk out without paying because no one is there to help them.

There is not enough staff to cover side jobs and the basic needs of the Summit. Instead of finding a replacement to cover the register, an alternate sandwich maker, or they will tend to other duties, leaving students engrossed in their studies.

The food at the Summit is good, but getting it can be a drag. The Summit holds itself against its monopoly as the only entity of its kind on campus. But, if students want to find other options that are far more convenient and often less healthy, they will tend to other options.

Questions? Comments?

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The Pacifican staff meets every Thursday at noon. Meetings are in Knoles Hall, Room 212. Everyone is invited. We want to hear from you!

Poetry Revival: Pablo Neruda

Jeff Rangan
Poetry Columnist

Some have argued that love does not exist, others that love is without meaning; an enigmatic unsolvable puzzle. I think that love has many forms. I myself question whether romantic love is anything more than a chemical reaction in the brains of two confused humans. If someone asked me whether romantic love really exists, I would say that if it does it can be found in the love poetry of Pablo Neruda.

Neftali Ricardo Reyes Basoalto was born in Chile in 1904. Basoalto, who later used the pen name Pablo Neruda and even changed his legal name, was a famous poet, diplomat and political figure. His achievements in literature made him one of the most influential Spanish writers of the twentieth century and eventually won him the Nobel Prize for Literature in 1971.

I have chosen the poem “The Body of a Woman.” This poem is one of Neruda’s most popular love poems and it really demonstrates Neruda’s amazingly potent imagery and metaphor. Although at times the narrative is quite sexual, I invite the reader to look more towards the depth of feeling and not merely the physicality of it. I have heard that his poetry is even more romantic in Spanish but I find it quite romantic regardless of the language. Many of his poems are translated into multiple languages. If you are a romantic, I think you will appreciate this beautiful poem.
War With Iran?  
On What Basis?  
New intelligence report discredits Iran war propaganda

On Tuesday, December 4, new intelligence on Iran confirmed that the country had stopped pursuing nuclear weapons in 2003. President Bush maintains the country is still a threat, and is receiving help from Europe to promote this report for war cries rather than the opposite.

The report of the National Intelligence Estimate, a consensus of the US's 16 intelligence agencies, came just weeks after Mr. Bush said a nuclear Iran would create a "nuclear holocaust" and possibly lead to World War a "nuclear attack may be the school mascot."

Whatever the outcome, certain key leaders in the American government have taken the right approach to resolving the crisis with Iran.

Senate Majority Leader Harry Reid called on the President to emulate former President Reagan's dialogue with the Soviet Union and push for "a surge of diplomacy" with Tehran.

Rand Beers, who resigned from Bush's National Security Council just before the Iraq war in 2003, said the report should derail any appetite for war on the administration's part and should reinvigorate regional diplomacy.

The new NIE throws cold water on the efforts of those urging military confrontation with Iran, he said.
Got a Cold?

Lames Willi
Guest Writer

You’ve got a cold, so you go to your local grocery store and head straight to the pharmacy section; one of the first things you probably look to buy might be “Sudafed,” the most commonly bought nasal congestion medicine made by the pharmaceutical company Pfizer.

The brand name for this common cold medication was chosen because of its similar sound to the molecule pseudoephedrine, which is found naturally in some plants, and can also be commercially produced through yeast fermentation.

Pseudoephedrine is manufactured, in mass quantities in many countries such as India and China. Pseudoephedrine works extremely efficiently in removing colds and allergies, and may be viewed as better than common antihistamines like Claritin, because it does not result in rebound congestion, or high levels of congestion after the effect of the drug wears off.

A roadblock landed in the way of success for this molecule in common drugs because of some of the adverse drug reactions, or ADR’s, caused by pseudoephedrine. Pseudoephedrine can cause high levels of stimulation, especially in the central nervous system because it tightens blood vessels to prevent nasal congestion.

Other adverse reactions include nervousness and sleeplessness, but the most important roadblock in pseudoephedrine’s success as a common molecule in over-the-counter medication is that it is commonly used in the manufacturing of methamphetamine, and other stimulating drugs. In order to lower the use of pseudoephedrine in the manufacturing of illegal drugs, many countries like the United Kingdom and the United States have placed limits or bans on pseudoephedrine. In its place, Pfizer and other pharmaceutical corporations have created the commonly used brand name Sudafed, as previously mentioned.

Sudafed does not contain pseudoephedrine, it contains phenylephrine, a molecule that works in a similar way to pseudoephedrine, but has side effects such as hypertension, high blood pressure, and rebound congestion, and may cause seizures in certain patients.

Studies have also shown phenylephrine to be no more effective than a placebo (sugar pill) in relieving congestion. In March 2006, the United States House of Congress passed the Combating Methamphetamine Epidemic Act of 2005, and it was signed into affect by George W. Bush shortly after. This act, according to the University of Florida News article “Researchers Question Effectiveness of decongestant,” ensures that merchants who sell drugs with pseudoephedrine must be able to provide several things to the government:

- A retrievable record of all purchases identifying the name and address of each party to be kept for two years.
- Required verification of proof of identity of all purchasers.

The amendment also states that drugs containing pseudoephedrine must be kept behind the counter and purchases per individual may not exceed 9 grams in any 30 Day Period.

Pseudoephedrine is proven by many studies to be much more effective than its sister molecule phenylephrine, but it is still important to contact a doctor before the use of any type of medication.

Once you have determined that you can take medications containing pseudoephedrine you can purchase a generic version of it from the counter at almost any pharmacy as long as you adhere to the purchasing rules.

Remember the next time you get a cold at school, or allergies from the agriculture in the central valley, don’t waste your time with the overpriced phenylephrine medications such as Sudafed (PM/PE/DAYTIME/Sinus), TYLENOL (Cold & Cough/Allergy), Rобитуссум CF, or DayQuil Capsules, which display their use of phenylephrine on the front of the package, head to the counter and ask the pharmacist for a generic pseudoephedrine-containing decongestant.

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Sudafed versus Pseudoephedrine

Sudafed versus Pseudoephedrine is an event that continues to grow from year to year. Allergies from the agriculture in the central valley make residence halls, Greek houses, offices, and even the president’s house, the families were provided a safe environment through which the children could trick-or-treat. The tours were led by over 60 volunteers who dedicated their time to making sure the carnival was a success, many of who were students from various organizations on campus.

The PWF staff would like to thank everyone who contributed to this wonderful event. The donations, time and effort put in by students, staff and faculty throughout the university community was what helps make this annual event such a success. Thank you again for helping us give back to the Stockton community!

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Letter to the Editor:
Safe Trick or Treat 2007

On Tuesday, October 30th, the University of the Pacific held its 9th Annual Safe Trick or Treat event. The staff of the Price, Casa Werner, and Farley community (PWF) in conjunction with numerous other student, faculty and staff on campus welcomed over 1,100 Stockton community members onto campus to participate in what has become a much loved annual event.

With over twenty tour stops on campus, including residence halls, Greek houses, offices, and even the president’s house, the families were provided a safe environment through which the children could trick-or-treat. The tours were led by over 30 volunteers including some of the Ambassadors and other students and staff. Many of the tour stops also participated in a decorating contest that continues to grow from year to year. Although all of the decorations were outstanding, the winner this year was the Benard School of Education with their Wizard of Oz theme.

The tours ended at a carnival held on WPClawn. There were all kinds of activities and games for the children. Pi Kappa Alpha even ran an inflatable obstacle course that the children could enjoy! Dominos donated pizza and Chipotle brought chips, salsa and guacamole to pass out. There were over 60 volunteers who dedicated their time to making sure the carnival was a success, many of who were students from various organizations on campus.

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Local efforts to GO GREEN

S-Mart takes 5 cents off your purchase if you bring your own bag

Crossroads Trading Co. donates 5 cents to a charity of your choice if you do not take a bag

Starbucks takes 10 cents off your purchase if you bring your own cup

boonecountryky.org

Classifieds

Seeking Senior or Grad to develop simple web site.
Cash job. 209-462-5822

Wanted senior/grad student to proof read manuscript, will pay cash 209-462-5822

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A Tale of Tam and Cam:
A Traditional Eastern Story for the Western World

Linda Lopez
Staff Writer

On November 30, Pacific's children's show, "A Tale of Tam and Cam," written and directed by Randall A. Enlow, premiered in Long Theatre to an anxious crowd. Although this interpretation of Tam and Cam is based upon the study of three different translations of the original story, Enlow seems to have captured the perfect balance of fantasy and spectacle with this Cinderella adaptation. The sense of harmony is felt as soon as the audience steps into the performance space, making it seem as if one is traveling from Stockton to Vietnam with the aid of low lighting, ethereal set design and the picturesque images of the country exhibited onstage.

Reaising the act of opening the pages to your favorite childhood books, Tam and Cam took the audience into the heart-wrenching world of Tam, played by Misha Maggi, as she tries to live life amongst her evil step-sister Cam, (Giovanna Arietta) and her evil step-mother (Angela Dunne). Although the audience is spared the graphic violence present in many of the original versions of the story. Maggi, Arietta, and Dunne still took on their characters in such a manner that had the audience crying when Tam was hurt or laughing when Cam made a fool out of herself at the market.

The actors themselves were phenomenal and the lighting and set design added to the enchantment. During one of the most crucial scenes, the Light Festival, a multitude of illuminated paper lanterns dropped gracefully from above the stage; delighted eyes were mesmerized and an assortment of oohs and ahhs filled the theatre. Such ingenuity allowed each audience member to do as Enlow had hoped: to "see themselves onstage ... identify with the characters and situations."

Tam and Cam is a show not to be missed. If you want to immerse yourself into a beautifully performed and staged story, you still have time! The show runs until December 8, 2007 and tickets are available at www.tix.com.

Let's Put On Our Thinking Caps

Orline Le
Staff Writer

How enjoyable would it be to use our brains non-academically in a relaxed environment? Consider attending a Philosophy Club meeting.

One of the lesser known student organizations on campus, the Philosophy Club seeks to engage people in open, informal discussions on a range of thought-provoking topics such as morality, knowledge and ethics.

"The goal is to get everyone to think about ideas and talk about them," said David Johnson, a Philosophy and Physics major, and President of the club. "Specifically, we want to practice the art of philosophizing, which is pretty simple: you make a claim, and then analyze and question it."

Some upcoming events the club has planned for next semester include a movie night, a dinner and discussion panel with speakers, and the American Philosophical Association conference in Pasadena, where philosophers from all over the West Coast will come to speak.

Films shown at past movie nights included "Memento" and "Eternal Sunshine of the Spotless

Bringing Back the Beatles

Gina Pernsteiner
Staff Writer

On Thursday, November 29, the Musical Fusion club honored the Beatles by reprising their music playing classic hits like "Help" to more obscure tunes like John Lennon's "Cold Turkey."

The Summit was packed with people from the minute the event started at 8:00 p.m. and remained so until its conclusion two hours later at 10:00 p.m.

Various on-campus artists performed the songs solo or in groups, encouraging the audience to get involved by clapping in time with the music or dancing in the aisles. By the time Avon Union wrapped up the event with a powerful rendition of "Lucy in the Sky with Diamonds," there were several people dancing, and even more singing along.

At the end of the night, Avon Union announced that the band will be playing during Pike's "Hit of Reality" project, and invited everyone to come watch the performance. Also, do not worry if you missed Beatles Night because the Musical Fusion club has promised more events like it in the future.
That's What She Said...

**Bacterial STDs**

The Center for Disease Control has said that by age 24, one in three sexually active individuals will have contracted an STD. Often STDs have no signs or symptoms. Many people have no idea that they are infected and thus pass on their disease to a new partner. If an infection is detected early, it can be treated or even cured. However, if an STD is left untreated, it can lead to more serious health conditions, such as pelvic inflammatory disease, infertility, cervical cancer, or even death. If a person is diagnosed with any STD, it is imperative to let their partner know and undergo treatment at the same time to prevent the disease being passed back and forth.

There are two main types of STDs - bacterial and viral. This week, bacterial STDs will be explained, with viral STDs the focus of next week’s column. Bacterial STDs are curable, and usually require only a shot or series of antibiotics to cure. However, they often have serious effects if left untreated.

One bacterial STD is Chlamydia. Symptoms include vaginal discharge, clear or white drip from the penis, swollen and tender testicles, burning or pain when urinating, more frequent urination, pain in the lower abdomen; these symptoms appear one to four weeks after having sex. A urine test is frequently used to test for Chlamydia.

Gonorrhea, also a bacterial STD, can cause yellow or grey vaginal or penile discharge, burning or pain when urinating, or a sore throat in the case of oral gonorrhea. Symptoms usually appear two to 21 days after having sex. A urine test is used to test for gonorrhea.

Syphilis is another bacterial STD. Many women do not experience symptoms, but many may have a painless canker sore in the mouth, a painless chancre at the site of infection in a woman’s pelvis, or a painless chancre on the penis. If left untreated, gonorrhea can cause permanent damage to pelvic and sexual organs, pain and swelling in knees and other joints, red blisters on skin, and heart problems. A urine sample is tested to check for the presence of gonorrhea.

If Chlamydia or gonorrhea is left untreated, a woman can get Pelvic Inflammatory Disease, also known as PID. This is an infection in a woman’s pelvic and sexual organs and is usually, but not always, the result of an untreated STD. Symptoms include yellow or grey vaginal discharge, bleeding between periods or after sex, heavier or more painful periods, cramps in lower abdomen, pain deep inside during or after sex. One in five women infected with PID become sterile. This is the reason why it is commonly referred to as “trich,” is neither bacterial nor viral. It is caused by the protozoa Trichomonas Vaginalis. Symptoms usually appear five to 28 days after having sex. Trich can reach the brain, spinal cord, heart, or other body organs but may have a frothy, yellow, or green discharge, strong vaginal odor, burning during intercourse and urination. Men do not usually experience symptoms, but may have a mild discharge or slight burning after ejaculation or urination. Trich can be treated with antibiotics.

**Hispanic Honor Society Makes a Return**

Christine Le
Staff Writer

You may not have heard of it, but there is an honor society at Pacific for those interested in Spanish language and literature.

Established in 1919 at the University of California, Berkeley, Sigma Delta Pi is the National Collegiate Hispanic Honor Society. With 547 chapters, SDP serves to promote awareness of and interest in Hispanic literature and studies. The SDP chapter at the University of the Pacific was established in 1961, but has not been active for a while. This year member students and faculty are working to revive it. The chapter at Pacific supports the national goals of SDP by raising funds to Literacy for Impoverished Children, and the Stockton community.

One of SDP’s plans next spring is to teach basic Spanish language courses to children in the Boys and Girls Club of Stockton.

Also, there will be the Spanish Film Festival this Friday showing two Spanish films from 6:00 to 11:00 p.m. in George Wilson Hall. The films have subtitles, so those who do not understand Spanish can still attend. In addition to informing the public about Hispanic culture, the two films address universal social issues that are not pertinent to just Latin America. All profits will go to WorldFund and Save the Children, two charities that fund literacy for impoverished children in Latin American countries. When this issue of the Pacific went to press, it was not yet decided which films would

**Panhellenic’s Woman of the Month**

Excellence in Service- Christina Moore

Karin Carido
Panhellenic Council, Vice President of Public Relations

In light of the holiday spirit, Panhellenic has decided to nominate a member who best represents our ideal of giving to others. Christina Moore, of Alpha Phi, not only loves to help her sisters, but also extends her interest in the Pacific and the Stockton communities. This is the reason why she was honored with this month's Panhellenic Woman of the Month.
The Jazz Show with Chris

Chris Lopez, a Jazz studies major, has brought a new sound to KPAC: jazz. Because he loves jazz so much, his show leaves you endlessly fascinated. Originally there was no jazz on KPAC, so Lopez decided to take on the ambitious task of creating his own jazz show.

Lopez said that he wants to "advertise a genre that isn't the most popular ... and highlight some of the best [jazz] artists and tunes there are so that it might stick." Lopez is enthusiastic about his show, adding, "I'm excited to be able to learn and discover new things myself. After all,aren't we all in a constant cycle of learning?" He loves doing his show and is planning to do it again next semester, possibly with two shows.

He also has a blog where each show is being archived. If you miss the live show, the blog allows you to hear what you missed. Almost every week Lopez has a guest that contributes a lot to the show. Lopez's show is online at thejazzshowwithchris.blogspot.com or on Facebook. You can also subscribe to his show using iTunes with the feed feeds.feedburner.com/theljazzshowwithchris. If you subscribe to the feed, you will also receive more videos, play lists, and shows.

His show every Thursday, 7 p.m. to 8 p.m.

MOORE continued from previous page

Woman of the Month.

While Christina is a double major in Communication and Spanish, she still finds the time to tutor at the Center for Community Involvement, be an Ambassador, and participate in Reach Out events such as the recent Campus Day of Service and the Safe Trick or Treat, and Alpha Phi. Her favorite experience was being able to take part in Reach Out Pacific 2006, where she was able to be a team leader. She loves being able to help students get connected off campus and find their interests. Her motivation for such dedication comes from helping people and feeling like she is making a difference. "There is a bigger picture that we have to see in this world and we have to understand that the little things make a big difference," Moore commented.

Christina loves to be involved in different things on campus and enjoys giving back to her community, whether it be helping a younger student figure out a math problem or helping a perspective student decide to come to Pacific. If she is not tutoring or recruiting for Pacific on the weekends, she is relaxing or spending time with her sisters. Christina loves being a part of Alpha Phi where she has been able to meet amazing women and have fun times together. After graduation, Christina is going to continue giving back. She plans on going abroad to teach English, eventually coming back to Pacific to enter the Speech-Language Pathology graduate program and help people with speech, an essential part of interaction in life.

HONOR SOCIETY continued from page 7

be shown.

"We want to send out the message to children in Latin America that there are people in the United States who care about their literacy," commented Silvia Magallanes, a senior Education major.

SDP also plans to hold a reunion next spring for Pacific alumni of SDP as another way to revive the honor society. The four professors in the Spanish department are all alumni of the Pacific chapter.

To become a member of SDP, one must first and foremost have a genuine interest in the Spanish language and culture. Being a native Spanish speaker or Spanish major is not required.

Requirements include three upper-division Spanish courses with a GPA above a 3.0 in those courses. Then, one must be invited to join by a professor in the Spanish department.

"By attending our events, you can be active in our organization even if you're not a member," said Sandoval.

"By being there, you show your support for our cause and efforts."

PHILOSOPHY continued from page 7

Mind."

"Philosophy really teaches you how to think. You become more aware of what people are actually saying to you. The way you watch movies and view people such as politicians changes," remarked Johnson.

The club is open to all majors. In fact, only about 20 percent of the current members are Philosophy students. Meetings are held Mondays at 8 p.m. in the Static Attic, the back area of the Summit.

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.
**Volleyball Diet**

**Taylor Sutton**  
Staff Writer

Although the food provided at the dining hall and around campus may not be ideal for an athlete, the volleyball team tries their hardest to do what they can to improve their nutrition. It is not always easy to make the healthy choice of eating a banana instead of frozen yogurt, but in order to stay on the top of their game, sacrifices must be made. This would be the ideal diet for a volleyball player eating at our lovely Pacific dining hall.

**Breakfast**
- Fruit
- Omelette with veggies, tomatoes, and cheese
- Small bowl of oatmeal
- Slice of whole grain bread with peanut butter
- Water

**Morning snack**
- Low fat breakfast bar with water

**Lunch**
- Turkey wrap or sandwich (turkey, lettuce/tomato)
- Apple or other fruit
- Water

**Afternoon snack**
- Yogurt with fresh fruit and granola
- Water

**Dinner**
- Salad
- Baked potato
- Pasta with light red sauce
- Water

**Evening snack**
- Low-fat popcorn

It is not easy to maintain a well-balanced diet when the options available are limited. However, eating healthy with lots of fruits and water is always a good start.

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**Ultimate Frisbee**

**Josh Chipponeri**  
Staff Writer

On Saturday, November 8th, the Ultimate Frisbee club hosted a tournament in addition to their typical Sunday night ultimate Frisbee play. Ultimate Frisbee differs from other campus clubs because of the kind of people you will meet. Daniel Lutzenheiser mentioned that everyone playing is willing to help you get better. Unlike many things, it does not take you very long to significantly improve your play in a short time. With matter what your background is, or your athletic prowess, the Ultimate Frisbee club gives everybody indulging over the holidays, it is an enjoyable way to exercise, and no

The wealth of participation always means there is a comparable opponent.

If you have never been to the club activities, the wealth of participation always means there is a comparable opponent. Boasting attendance from around the area, from Modesto to Sacramento, the Ultimate Frisbee club of Pacific is always encouraging new players to join. All interested parties are welcome. For more information come out and play, or just consult Facebook; search for Ultimate Frisbee in the Pacific network.

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**Holiday Gift Wrap Drive**

December 10th & 11th  
Pine Room  
Drop off starts @11AM  
Pick up until 6PM

Brought to you by  
RHO DELTA CHI

proceeds benefit the Little Manila Foundation  
contact us: uoprhodeltachi@gmail.com

Happy Holidays
Happy Hanukkah
Merry Christmas
Happy Kwanzaa
Outdoor Soccer Power Rankings

End of Regular Season

Men's B
1. NR Delta 9 - Even their chef is a money soccer player
2. NR Delta Frogs Addis & Tin need to have the soccer week of their lives
3. DW Dwight Schrute - A favorable draw has these guys almost a shoe-in for the championship
4. BBA Balls - Pike needs to pull their playoff life won't last too long
5. Kappa Psi - Team just doesn't seem to have the flare of years past
6. Kings of Mediocrity - Team can focus on basketball as their championship matchup against Dwight Schrute in the first round
7. Reno B - It was a bittersweet victory over Just Kickin' It. The club soccer team needs to rely on its chemistry and experience
8. Phi Dex - Team hasn't been explosive each game by double digits
9. Alpha Alpha Xi - Team is so bad that Mitch Tom quit
10. Alpha Legit - Their only chance is a money soccer player

5v5 Power Rankings

End of Regular Season

Men's A
1. Hardwood Kings - The early playoff line has this squad a 5:1 favorite to win it all
2. Fundamentally Sound - Lack of depth will really punish this squad on the longer Spanos court
3. Omega - Their only chance is the early start
4. Tiger Pac - The team is starting 0-5 right in the face
5. Delta Gamma - Team has the potential to win this season
6. Kappa Psi - Team has a strong chance of making the finals

Basketball Scoring Leaders

Men's A
1. Kris Brock - Fundamentally Sound
2. Reggie Brygstrom - Tiger Pac
3. Gary Allen - Hardwood Kings
4. Brian Muradi - Tiger Pac

Men's B
1. Kyle Burnett - Old is the New Young
2. Thomas Lendman - Bulls
3. Nola Akilo - Kappa Psi
4. Jack Ohanian - Too Short
5. James Toste - Swat Team

Girls A
1. Rudy-esque fashion following the phrase "We, not Me"
2. Alpha Phi Omega - Team has a legitimate shot at 3 championships this season
3. Phi Delta - Team has a strong chance of making the finals

Girls C
1. Three to One - Kim La's 14.0
2. Alpha Phi Omega - Randi Johnson has an ace up her sleeve
3. Delta Gamma - Randi Johnson has an ace up her sleeve

Men's B
1. Gary Allen - Hardwood Kings 13.0
2. Reggie Bergstrom - Tiger Pac 16.8
3. Brian Muradi - Tiger Pac 11.3

Women's A
1. Reggie Bergstrom - Tiger Pac 16.8
2. Brian Muradi - Tiger Pac 11.3
3. Jack Ohanian - Too Short 17.3
4. James Toste - Swat Team 16.3

Women's C
1. Kyle Burnett - Old is the New Young 19.7
2. Thomas Lendman - Bulls 19.0
3. Nola Akilo - Kappa Psi 18.5
4. Jack Ohanian - Too Short 17.3

Basketball Scoring Leaders

Men's A
1. Kris Brock - Fundamentally Sound
2. Alex Hendricks - A Legit
3. Reggie Brygstrom - Tiger Pac
4. Gary Allen - Hardwood Kings
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2. Brian Muradi - Tiger Pac 11.3
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Pacific Men’s Basketball
Triumphant over Nevada
Troyer leads Pacific with 19 points

Brandon Koch
Staff Writer

The Pacific men’s basketball team defeated the Nevada Wolf Pack 70-66 on Saturday, December 1, at the Alex G. Spanos Center. With the victory, the Tigers improved to 5-2 on the season, while the Wolf Pack fell to 2-4.

The Tigers controlled the majority of the first half and found themselves leading 29-20 with 7:41 remaining until the break. Nevada then stepped up the intensity and outscored Pacific 11-19 throughout the rest of the half and went into halftime trailing by a score of 40-39.

Pacific used a 12-5 run in the beginning of the second half to take a 52-44 lead over the Wolf Pack, but Nevada quickly countered and went on a 12-2 run to take a 54-56 lead with only 8:16 remaining in the game. The Tigers dominated the next seven minutes of the game and outscored the Wolf Pack 15-0, taking a commanding 69-56 lead with just 1:04 left in the game. The Tigers then missed six straight free throws and allowed Nevada to get back into the game with just two seconds left and the score at 69-66 in favor of Pacific, but the Tigers knocked down one out of two free throws to put the game out of reach as they beat Nevada by a final score of 70-66.

Junior Chad Troyer led the Tigers with 19 points and Junior Anthony Brown scored 13 points and pulled down 12 rebounds to earn a double-double for the Tigers. Juniors Steffan Johnson and Michael Nunnally also scored in double figures with 13 and 10 points, respectively, for Pacific. Nevada Senior Marcelus Kemp led all scorers with 20 points and also grabbed 12 rebounds for a double-double.

The Tigers played on the road against San Francisco on Wednesday, December 5, but results were not available at press time. Pacific will next be in action on Saturday, December 8, they take on Pepperdine Waves at 7:30 p.m. at the Alex G. Spanos Center.

On Thursday, October 25, the Multicultural Center hosted the Pacific Fury ping pong tournament. Twenty people had signed up to play, but since not everyone who signed up actually showed up, there was enough room for spontaneous additions to the competition. The rules were standard: play to eleven points, best two out of three games, switch serves after every two points. The ball must be six inches above the table when served, and if it hits the net, no points would be awarded.

Beneath the intense glow of fluorescent lights, participants in the tournament were warming up. Inspirational music filled the room, and the internationals film “Ping Pong” played in the background. Two ping pong tables glistened with the promise of ping pong glory. One of the tables had just arrived the night before, and Wayne Arnold and Jin-Su had stayed in the Multicultural Center until o’clock in the morning waiting for the table to arrive. The intense friendly competition went on into the night until Bringle won the tournament.

The Multicultural Center also provided refreshments that perfectly suited the events of the evening: water, sports drinks, power bars, fruit roll-ups, and chips. All in all, the event was a perfect way to spend a Thursday night.