New VP of student life involved

By Matthew Oldfather
Copy Editor

The Vice President for Student Life is one of the most important, influential positions on our campus. Therefore, it is important for the student body to be familiar with who is holding this position. For those who haven’t yet heard, a new Vice President for Student Life has come to the school over the summer, and her name is Carrie Lovelace Petr.

She moved to Stockton from Nebraska, where she had lived for the past fifteen years getting her masters and PHD at the University of Nebraska Lincoln. As an undergrad, she studied English and Theater at a small school in Georgia known as Berry College, where she also served in various undergrad positions for the school’s Student Life department, as well as being elected student body president. After finishing her education, she served as the Vice President of Student Affairs and Dean of Students at a small liberal arts institution in the same area.

But what exactly does the Vice President of Student Life do, and why is it so important?

“The overarching philosophical responsibility is that I serve as the primary driver for and representa-

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Pacific Celebrates Halloween On Campus

Pacific celebrated its 21st annual Safe Trick or Treat on October 23rd, 2019. Various student organizations, campus departments, and vendors served the Stockton Community by passing out candy to local families and their children.

By Chelsea Igantoc
Social Media Editor

College is widely seen as the time where young adults find their self identity, so many choose this opportunity to go out of their comfort zones and try anything that is different from their past experiences. However, the UOP Intercultural Student Success (ISS) team has been working diligently to help students celebrate who they already are by adding new changes this school year.

One particular change includes the Raymond Lodge. This building on campus was more common-ly known as ‘El Centro’ in years past and had been focused on the Latinx and Native American community. This year, it has expanded to include Asian, Pacific Islander (API) and Desi.

The reason for this transformation is a push to provide a safe space for all students to mingle, study, and simply enjoy the presence of not only cultural acceptance, but cultural celebration. The lodge helps provide food, study spaces, printing, and many more services that will help any student.

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Raymond opens up to others
Raymond Lodge: Embracing more orgs

“We would like to welcome Susan Vang and Jasmin Quinones as our newest members of the team. Susan Vang is the co-ordinator of Asian, Pacific Islander, and Desi Student Success. Jasmin Quinones is serving as the Latinx and Native American Student Success coordinator. Susan and Jasmin have been in their role for the past three weeks making our space feel welcoming and inviting to all students of all identities and backgrounds,” stated by Dr. Ines Ruiz-Huston in ISS statement announcing new roles within the Raymond Lodge for this year.

Dr. Ines Ruiz-Huston, director of ISS is enthusiastic about these changes and talks about the importance of having multiple areas of cultural diversity. “This is all about our identities,” Dr. Ruiz-Huston states, “because not any of us have one identity, we have multiple identities. So, we want to promote that we can be all these different things, and still be ourselves, and learn more about ourselves because when we get out to the real world we want to be prepared to promote diversity and inclusion.”

According to the American Council on education, between the years of 1996 and 2016, the rate of enrollment for students with an Asian background into college immediately after high school has increased from 82.7 percent to 87.4. During these same years, students with a Hispanic background has increased from 57.6 percent to 70.6 percent.

UOP has had a background of diversity by having colleges that were dedicated to catering to people of different cultures. One of these colleges was Elbert Covell College where all courses were taught in Spanish and half of the student body was from North America and the rest were from South and Central America. Students were given the opportunity to study in Costa Rica. Cal- lison College was also apart of UOP and focused on international relations. As a requirement in their sophomore year, students had to study abroad in Asia. “It’s a good thing that Raymond Lodge is API, Latinx, and Desi. There’s nothing really bad about it. Like what you said, Raymond Lodge is inclusive to everyone. They welcome many cultures and ethnicities which means Raymond Lodge isn’t limited to anyone. I would call that a positive thing,” says Nethlee Ann Contreras, a junior.

ISS has much more in store for this year, so keep a lookout for what they have in store!
STUDENT LIFE: New vice president on board

Angelique Doty
Photography Editor

A self-defense class through the Baun Fitness Center at UOP, led by Lieutenant Wayne Germann, is for students enrolled at UOP, and faculty/staff to attend for free. Lieutenant Germann started practicing karate in 1976 and began practicing aikido in 1990, a year after completing the police academy. He began working at University of the Pacific right after graduating the police academy, and created the basic self-defense course soon after being hired.

The main purpose of having this class available to the Tigers on campus is to give students, faculty, and staff the tools and confidence to defend themselves in dangerous or even life-threatening situations. The skills learned during class, along with practice outside of the Stripe Studio where it is held from 4 p.m. to 5 p.m. on Tuesdays in the Stripe Studio at Baun Fitness Center, can help to save lives and has saved a few students from an impending attack.

Lieutenant Germann began the program in 1992, when it began with a request from students and will remain available with interest and active participation. It opened up to faculty and staff in 2012 and campus wide support boosted the progression of this program. Using a combination of karate and aikido moves from his martial arts experience, his goals are to encourage safety and security through peace of mind among the UOP campus. To attend this free class, just let the front desk know of participation after signing in and hand the instructor the card for entry.

“Everyone should learn some basic physical self-defense and how to be aware of their surroundings.”

Lt. Wayne Germann
Associate director, Campus public safety

“Everyone should learn some basic physical self-defense and how to be aware of their surroundings.”

“Everyone should learn some basic physical self-defense and how to be aware of their surroundings.”

Both Emily and student body vice president John Gutierrez went on to describe how the Vice President of Student Life’s involvement with student government has varied fairly dramatically from year-to-year, though Dr. Petr has been very active already in her short time here so far. “She’s been really cool about wanting to be involved in most of the facets of senate life. She’s offered to come to senate meetings, where discuss really big ticket items,” John went on to say. “She has a long term commitment to Pacific Fraternity and Sorority Life on campus. She wants to see it thrive, she wants to see it be successful. I’m very eager to see what kinds of plans she has for supporting it ten years down the road from now.”

Dr. Petr encourages students to make appointments with her if they have things they want to discuss, or even if they just want to chat. She also tries to take walks around campus every day, and urges students to join her if they so choose.

Want to write for The Pacifican?

Interested writers are welcome to attend our staff meetings at noon Thursdays in the Pacifican office located at Grace Covell Hall. Have a story idea? Email Editor-in-Chief Natalia Gevara at n_gevara@u.pacific.edu
Opinion

Stop and take a moment to just be

Invisible stress taking a toll
By Chelsea Igantoc
Social Media Editor

The clock of a college student’s life is always ticking. Every second, minute, and hour is constant work, studying, socializing, and doing the best they can to reach the goal of graduation and making the life they want to have for themselves. Like a machine, students are grinding their gears for who knows how long.

Again, just like a machine, when it is worked too hard without a break, it begins to deteriorate. However, a common theme that is seen is that students cannot! Firstly, no one purposely sets aside actual time to take a second to themselves. We are constantly setting our schedule, and if there is a space, we are bound to fill it with some kind of activity like studying because you can never have too much of that.

On the other hand, when a miraculous moment comes when we are called to do absolutely nothing, a ghost named “invisible stress” creeps up on us. This “invisible stress” is the feeling of guilt that students feel when they have even a couple of minutes to recuperate.

They start asking questions such as, “Why am I free right now?” or “What should I be doing but I’m not?” instead of simply taking a breather.

This stress is seen to be invisible because it cannot be seen at all. Now, why does something invisible affect us so much?

We are called, as students, to be the best version we can be, therefore we will do whatever it takes to find out who that person is from the major we choose for ourselves to the extra-curricular activities we join. Each thing we do is all about trying to find out who we are, so that our career can be what we want it to be. This pressure is put onto us by various factors such as society, family, friends, and basically the world in general. We are trained from day one to figure out how we can fit into society once we are grown adults and this is stemmed from a question we all know from elementary school, “What do you want to be when you grow up?”

Even at the age of five, you have been preparing for the same thing you are preparing for now. It was easier before, but now it is as hard as ever and it is okay to admit that. As college students, we can empathize with each other and this “invisible stress” because you are not in this alone. By thinking so much about the future, you are taking away from what is happening in the present.

Currently, you are alive, you are breathing, and you are already a person that is worth however many years you have been on Earth and more.

You have prepared yourself so much for life thus far, what is a couple minutes of relaxation, compared to a lifetime of grind and hustle?

College is seen as some of the years of your life, but regrets begin when all you can remember is stress upon stress. The only way to get rid of this is by actually taking breaks. You deserve every break you get and it is okay to think of yourself first.

Just like we do to machines, we take care of them before they burn out.

This same mindset applies to everyone and being burnt out should be avoided at all cost. Eat that chocolate chip cookie. Watch that next episode of that show you love.

Take that nap. Do what you love in the present, so that when the day comes when you are at the career you have been preparing for, you are loving what you do.

Pacific humanities die in darkness
by Liliana López
Opinions Editor

One of the things that makes a great restaurant is the variety of options on the menu. While a customer may not care for the house specialty, chances are they will find something to their taste elsewhere on the menu. This item, though not as well known as the specialty, is not necessarily inferior or lesser in quality. The same can be said for a university; one of the things that makes a great university is the variety of areas of study offered. Though not all students may want to major in the university’s specialty, it is not for a lack of excellence in other majors and fields of study.

In many universities around the United States, however, this is not the case. As STEM fields grow exponentially, the humanities are dwindling away and seem to remain important only as they relate to STEM.

This idea is very shortsighted as it assumes that STEM fields will always bear the importance in our society that they do present-ly. Since 2012, the University of the Pacific has cut or amalgamated the following majors and minors: Russian studies, classics, public history and museum studies, theatre, art, art history, and ancient studies.

This is not unique to Pacific; according to the College Art Association of America, the University of Wisconsin-Superior is cutting 9 majors, 15 minors, and one graduate program. CSU Chico will be discontinuing 68 classes due to budget cuts, and the University of Central Missouri has proposed “transferring arts and humanities departments into the College of Education.”

Both students and faculty members at Pacific feel strongly about this. Dr. Alan Lenzi, chair of the Religious Studies Department, feels that with such cuts a university “loses interdisciplinarity and intellectual breadth.” Senior International Studies major Christina Bouri also commented, referring to the effect cuts have on the School of International Studies, “Being a small school, we have significantly felt the effects of the university-wide budget cuts.” Bouri states that “the School of International Studies--like many other schools and departments across campus--has been getting smaller year after year, and the budget cuts and continued tuition increases will only minimize them even further.”

However, whole departments and schools do not disappear only because of cuts being made to the department. There is also the issue of employee attrition, which is when a job position is not opened up after its previous occupant has resigned or retired.

For instance, since the resignation of Dr. Caroline Schroeder, a classicist, the university has not opened up a position for a Greek or Latin scholar.

Administration’s reasoning behind these decisions is obvious: there is not enough interest in these programs to keep them. However, it may also be argued that the reason there is no interest in these programs is because they are underrepresented by recruiters and receive

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On-campus housing: Is It Worth It?

By Natalia Gevara
Editor-in-Chief

No one said that living in college dorms and apartments would be glamorous. I believe that most of us move in with the expectation of having to make a lot of compromises, whether it be in terms of sharing a space with roommates, less privacy, or shared cleaning duties. However, I believe that there are some things that we shouldn’t have to make compromises over.

Per the 2019-2020 Residential Life and Housing rates, Pacific students pay anywhere from $4518 to $8452 per semester for on-campus housing. When comparing that to living off-campus, that is the equivalent of paying over $1000 in rent per month. Calculating this in my head has made me question if living on-campus is actually worth it.

There are ways to mitigate this cost by choosing less expensive options, such as the Townhouse apartments. Though they are further from campus, they are also pretty quiet.

“Living in the townies is a lot like living in an apartment. It has its perks like there is a lot of space,” Mechanical Engineer major Addie Romelfanger ’22 said. “Generally no one is loud in the courtyard and the walls block sound fairly well, so it’s been a quiet place to live.”

However, there have been reported downsides to living in the Townhouse apartments.

“When we first got here the townie we got was an absolute mess. Our guess is that someone had been squatting in the space over the summer. We were removed, but didn’t replace them,” Romelfanger said. “We have submitted many requests to housing for things that were noted by the crew on the first day, but never fixed and nothing seems to really happen with it.”

Romelfanger is only one example of someone who has had issues with housing, however, it begs the question: is living on-campus really worth it?

While shiny new Calaveras Hall was opened last Fall, there are still older living spaces on campus that are in need of some TLC. What about Grace Covell? It was older, but it was very central on campus. Plus, all the sophomores living in Grace Covell was kind of a rite of passage. All my peers who lived in those sophomore halls, please stand up.

Sure, if you live off-campus, you still have to worry about transportation. But there are many houses and apartment that are within easy walking distance from the campus. Heck, Brubeck is closer to most apartments than Monagan, Chan, or the Townies.

As someone who does live in Monagan, I do enjoy it for many of the reasons that Romelfanger enjoys the Townies: it’s quiet, and has a nice bit of privacy. I just think it’s something for Pacific students to put in perspective.
UoP senior, Haris Jebrini, has started his own bakery. From traditional blondies to the Mediterranean speciality: baklava, Jebrini can make them all, except there’s with one spin: it’s all vegan.

GoodBoi Bakers started about two years ago from the comfort of Jebrini’s own kitchen. Although the bakery is fairly new, Jebrini’s love affair with food started at a young age. “When I was a little kid, I was obsessed with food,” says the senior Bioengineering major. “All my memories are all tied with food.”

His interest in baking started by watching cooking videos on Instagram. “I was obsessed with cookies,” he said. Soon enough, he wanted to do it himself. “One of my friends asked me, ‘why do you live vicariously through them? That’s when I knew I could do this too.’”

But deciding that the bakery would be vegan was another choice, inspired by his friend who adopted a vegan lifestyle and Jebrini’s own healthier lifestyle. “I got the idea for the company when my friend decided to be vegan. I also got tired of him not eating my cookies because they weren’t vegan.”

Although veganism is fairly trendy in today’s world, creating tasty recipes with vegan ingredients was still a challenge. “I follow this guy on Instagram, and he posted about using chia seeds instead of eggs to get the same texture. It literally solved all the problems that I had.” After some experimentation, he says it worked for him. “I found a chocolate chip cookie recipe and decided to experiment with the chia seeds. The cookies didn’t taste vegan at all,” he adds.

When asked about the catchy name, GoodBoi Bakers, he mentioned that there was a philanthropic meaning to it. “Hopefully once I start selling, I will take a percentage of the profits and have people vote on a charity to donate it to.” And as for the “Boi,” the “i” was just “cutesy”.

GoodBoi Bakers isn’t legally allowed to sell yet, but Jebrini is still baking a large amount of cookies and funding it himself. “Right now, it’s all me. But I have had people donate. The UoP community has been really helpful with that.”

Being a full time student, Jebrini also struggles finding time for the intricate process of baking. “I have to make dough on one day and then put it in the fridge and let it rest. And then I have to figure out a day to bake them all off.” The lack of space in his personal kitchen has also been tough. “My kitchen is the size of a table,” he says. “My cookies are just stacked everywhere.”

Currently, Jebrini is marketing his baked goodies by handing them out to people randomly. “I had 500 cookies, 2 dozen brownies and blondies. I just went to the U.C. and handed them out to people and asked them to follow me on Instagram,” he said.

He also uses this time to get feedback from consumers to perfect his recipes, but it hasn’t always been helpful. “Either they oversimplify it and say it’s either good or it sucks. I am looking for specific feedback like ‘it is too salty, too crispy, too sweet.’”

Jebrini also added that he doesn’t mind constructive criticism as it allows him to grow as a baker. “I have had professors write me emails about the cookies. Even if they are criticisms, they are the best reviews I’ve ever had.”

As an entrepreneur, Jebrini has big plans for GoodBoi Bakers. This is his last semester at Pacific, and he wants to be able to mass produce his cookies before heading to grad school. “What I’ve learned is that if you want to do anything, you have to do it yourself,” he says.

Follow GoodBoi Bakers on Instagram @goodboibakers

By Malavika Raj
Sports Editor

Home to Pacific

Kiana Lede (bottom left) and Jelani (bottom right) performing at the Homecoming concert on Knoles Lawn. The concert took place on October 12th, 2019. The third annual Homecoming Concert, presented by ASuop Arts and Entertainment. This year they were honored to introduce the talented Kiana Lede with Pacific’s own student performer Jelani.

Pacifican Photos by Angelique Doty
Rugby Club has women’s team after 111 years

Recruiting efforts pay off for one of Pacific’s oldest organizations

By Matthew Oldfather
Copy Editor

The rugby club has existed at University of the Pacific for one hundred and eleven years, making it one of the oldest organizations on campus.

The original rugby club over a century ago was responsible for inspiring the university’s modern day colors of orange and black and mascot, the tiger. Yet despite over a century of the sport’s presence on our campus, it has reached a historical milestone that many are surprised to have seen take so long:

The club has managed to recruit enough girls to form an all-female team.

“We've always had a few women come out and be interested, and they'd usually stick with the club and practice with the men.” Said Craig Nelson, head coach of the rugby club for the past twelve years.

“We'd try to get them engaged with other women, but we've just never had enough to make even a [seven player] team.”

When asked what factors may have contributed to women not being interested in the sport, both Nelson and players on the team attributed it to a club culture that has grown immensely in their long history to become more inclusive and diverse.

“I think we’ve tried to make it as welcoming and as unifying as it can be.”

Added Kyland Ward, club president and women’s captain. “Originally, there was never enough women to come out consistently and practice. It’s always been one or two a semester, and with numbers like that it’s really hard to get more women to come out.”

Ward also attributes the recruitment success this semester to the encouragement of the men’s team members, who actively helped by recruiting women from classes and other programs on campus.

When asked what effects the creation of a women’s rugby team would have at Pacific, Ward stated that it shows how sports on campus are becoming more inclusive and welcoming to a broader student population, as well as showing the Department of Student Life that sports, specifically club sports, are still thriving on our campus.

“To be able to recruit enough women to come and try out a heavily male-dominated sport really says a lot about the position that we as a society and as a college culture are moving towards,” she explained.

Both Nelson and Ward wanted to emphasize to the student body that anybody can play rugby, and that it is a common misconception that one has to be a big guy in order to be successful in the sport, and that there are positions for people of all shapes and sizes on the pitch. Practice is open to newcomers at Gardemeyer Field every Monday and Thursday from six to eight in the evening.

Ward concluded with one last statement: “It’s a culture unlike any other sport, and it’s extremely empowering to be a part of.”
Meet Pacific’s new head swim coach

Katelyne Herrington is back on deck

By Malavika Raj
Sports Editor

The University of the Pacific announced the hiring of Katelyne Herrington as the Men’s and Women’s Swimming and Diving Head Coach back in August.

“It is my distinct pleasure to welcome Coach Herrington back to the University of the Pacific and the Stockton community as our new Head Swimming and Diving Coach,” Director of Athletics Janet Lucas said in the announcement. “Katelyne is a talented professional with a successful history of supporting the growth and development of student-athletes. She brings a strong vision for the men’s and women’s swim teams, the ability to establish a competitive atmosphere, and a focus on establishing a habit of excellence in academics, in swimming, and in life.”

The Stockton, Calif. native becomes the third aquatics head coach in over a decade, replacing former seven-year head coach and Pacific alumni Peter Richardson. She served as Pacific’s Swim and Dive Assistant Coach from 2016-2018 before relocating to coach Fresno Pacific for the 2018-2019 season. Herrington received her Bachelor’s in Hotel Administration from UNLV and is currently pursuing her Master’s in Health Exercise Sports Science at UoP. She is the first female head swim coach at UoP. Herrington was a two-time Division I All-American at the University of Nevada, Las Vegas from 2010-14. During her tenure with the Rebels she set two Mountain West Conference records in the 100 fly with a time of 51.48. In addition, she was a scholar-athlete and four-time Mountain West (MWC) Academic All-Conference honoree.

What made you want to return to Stockton to coach?
Family. It doesn’t matter where I’m at, it’s who I’m with. Stockton is the community I was born and raised in.

Can you summarize your coaching philosophy?
To create an environment that supports the growth and development of student-athletes, by maintaining a competitive atmosphere and establishing a habit of excellence in academics, in swimming, and in life.

What changes have you implemented? What are you hoping to improve in regards to the team?
Coming in as a new head coach I wanted to focus on creating a culture that embodies trust, family, and respect. By focusing on these principles, my team has recognized each teammates value to this team.

What are your goals for your athletes as individuals and as a team?
My goal for each of my student-athletes is to grow from their experiences that are provided throughout their time in college swimming, giving them the skills and tools to be successful in life after college. My goal for the team is to let the wins come from focusing on the process, one step at a time.

What life skills do you hope your athletes learn from swimming?
Habit of excellence... always giving your best in all that you do!

Away from the pool, what are your hobbies/interests?
Spending time with family. Being outdoors. Working out. Supporting my community.

You are the first female swim coach the men’s and women’s swim team has ever had. How do you believe that this will be a positive influence on not only our swim and dive team, but UoP’s athletic community in general?
With my strong vision of the men’s and women’s swim and dive program, loyalty to my community, passion for the sport, and pride in the University of the Pacific; I’m excited to build on the continued success.