CAPS struggles to keep up with demand

Amanda Davis
Copy Editor

Pacific’s Counseling and Psychological Services (CAPS) has been especially busy this semester, and many students have been complaining of long wait times in between sessions and session cancellations.

“Stigma around counseling has decreased and students are more likely to seek services, which is a positive thing.”

Dr. Rhonda Bryant
Dean of Students and Associate Vice President for Student Well-Being

At least one student has been advised to wait until the Spring semester to begin therapy on campus due to how full their schedule is.

Dr. Rhonda Bryant, Dean of Students and Associate Vice President for Student Well-Being, finds this high demand for counseling services unsurprising and states that CAPS staff are glad that the services are seen as a helpful resource.

“Stigma about counseling has decreased and students are more likely to seek services,” Dr. Bryant says, “which is a positive thing.”

While it is wonderful that more people are reaching out for help when they need it, the increased need has had a negative impact on service users.

“Whenever I did try to schedule things with [my] counselors, actually, it was hard to get anything just CAPS...”

Future of PACS series up in the air

Christopher Callahan introduced

By Natalia Gevara
Editor-in-Chief

On November 21st, 2019, the Board of Regents announced the 26th president of University of the Pacific — Christopher Callahan. Board of Regents Chair Kevin Huber was present in the De Rosa University Center to introduce Callahan to faculty and students alike.

“He has outstanding credentials to be our next president. He is the current and founding dean of the Walter Cronkite School of Journalism and Mass Communication at Arizona State University,” Huber said.

Huber stated that Callahan was “the unanimous choice of the Board of Regents.”

“He has an impressive track record of leadership that includes building and growing a campus, increasing enrollment, retention, and graduation rates, championing experiential learning and service programs, creating new graduate and advanced degree programs, forging learning and research partnerships with major corporations and nonprofits nationally, and unifying multiple campuses,” Huber said.

Callahan is a first-generation college graduate, who also serves as vice provost of ASU’s downtown Phoenix campus and CEO of Arizona PBS. He will take office on July 1st, 2020.

“It is so much of an honor and so humbling to be here today — to get ready to join you here at Pacific. Higher education today faces tremendous challenges; there are financial challenges, legal, political, cultural, societal, technological — all sorts of challenges; there are political, cultural, societal, technological — all sorts of...”

CALLAHAN
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CAPS: Three new therapists coming on board in spring

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with my schedule. Even when I did get something scheduled, sometimes I would get called back,” shares Alicia Correia, Music Therapy ‘21.

Correia often received phone calls over this semester asking to reschedule appointments that no longer worked with the therapist’s schedule. For any student, having a session cancelled or needing to wait longer than usual for the next session can be stressful.

“I think I tend to be more panicky and tend to start over-thinking more about what I’m supposed to be doing,” Correia observes. “I tend to go to my friends after that.”

The CAPS staff understand that their services are an important tool for many students, so they do their best to meet the needs of those students as much as possible.

“The only time CAPS will cancel a session with a student is if a therapist is ill or has to attend to another student with an emergency,” explains Dr. Bryant. CAPS offers supplemental services, such as Therapy Assistance Online (TAO) and the after-hours therapist line (209.946.2315 x2, x4), for students who are waiting longer than preferred to start therapy or have their next session.

CAPS is committed to the student body’s well-being and continues to offer events on campus and work with the Active Minds club to keep the conversation about mental health going.

“I think they’ve done a better job at promoting the fact that CAPS exists,” Correia recalls. During her freshman year, she only knew about CAPS from talking with professors. Now she sees posters around campus and notices emailed newsletters that mention CAPS.

With increased publicity and demand, CAPS needs to support a larger number of students. Staff is excited to announce that three new therapists have been recruited to begin working in the upcoming Spring semester.

“It’s definitely a good idea with how [busy] CAPS has been,” she said.

With more staff therapists, students should have less trouble scheduling appointments and getting their needs met. Dr. Bryant mentions that there are other non-counseling resources available on campus as well for students who are currently experiencing trouble with CAPS and scheduling.

These resources include Pacific’s Care Managers Program, the Multi-Faith Chaplain, and Baun Fitness Center, which all provide services that can help students manage stress and practice self-care.
Fitzer resigns from Fraternity and Sorority Life post

Matthew Oldfather
Copy Editor

Fraternity and Sorority Life (FSL) on campus has pushed through many challenges in recent years, from a borderline hostile administration under Pamela Eibeck to a rapidly declining number of staff members in the FSL department, all since current undergrad members entered the university.

Luckily, through thick and thin, one person was always available for Greeks to find assistance and advice: Jason Fitzer, The Associate Director of Fraternity and Sorority Life. Once a head of the FSL department, the associate director has in recent years found themselves to be a lone wolf, as the university had shrunk the department from an already-measly four or five staff members down to just the associate director over the span of only two or three years. The associate director was responsible for overseeing Greek life, as well as advising Interfraternity Council (IFC) and Panhellenic, the two Greek student organizations which create rules and guidelines for fraternities and sororities respectively.

However, the person filling the role of associate director has never seemed to stay very long, with the past three of them only really serving in the position for around a year. Fitzer, the most recent assistant director of fraternity and sorority life, left the school in early November after serving in the position for just over two semesters. In the past, there has been someone to immediately replace the outgoing associate director, but this time around there seems to be no plan. This means that the entirety of Greek life, which encompasses all social, professional, and multicultural Greek houses and the hundreds of students that make it up, are now without any dedicated staff members.

“One of the most unique challenges I’ll be facing is not having a dedicated advisor for Greek Life,” says newly-elected president of Beta Theta Pi and ASUOP senator Grant Gagaza, Business ’21.

Without the associate director of Greek Life, or any dedicated staff for that matter, it becomes much more difficult for fraternities and sororities to do many of the things that are core to their organizations, such as planning and running events for philanthropy, hosting recruitment events during the rush period, and extending bids (invitations to join the organization) to people at the end of rush. The associate director of fraternity and sorority life had a direct influence on how rush was planned and executed, so many Greek executive boards are worried about how it will pan out in the Spring 2020 semester if the university doesn’t hire a new director.

“Going forward, I’d like to see someone passionate about Greek Life taking Fitzer’s place, although it is my belief that regardless of who sits in the chair it is ultimately the duty of affiliated students to continue both advocating and improving Greek life,” Gaganza said.

Jane Austen fans present!

Jane Austen Night at Pacific was a night of food, music, performances, fashion and prizes at the Alex and Jeri Vereschagin Alumni House on November 19. Along with student readings and performances, there was an Austen-related raffle prizes (everyone gets one free were student projects on display as well as performances. Above, Jordan Shih performs. At left, Megan Chatelain demonstrates a tea presentation. There was also a Jane Austen fashion display, including a genuine Regency dress (made circa 1815).
CALLAHAN: Coming from ASU

“Our future here at Pacific is limitless. It is going to be dependent on one simple thing: how well we can work together.”

Christopher Callahan

26th president-elect of University of the Pacific

PACS: Series meant for reflection

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utility to support three PACS sections. “This is why they may go to two core classes instead of three,” she said. “Right now I know that nothing is set to go forward next year, it will probably be a year or so before proposals are finalized and decided on.”

History Professor Ken Albala, who also teaches Pacific Seminar, says there is “also a move to change GE classes to 3 units.”

“PACS III was supposed to be a kind of reflective personal close to the college experience, figuring out how you would apply it all to life and career,” Albala said. “This is the PACS class that will be cut.”

Though Albala is unsure of exactly what this will mean for the future, he expressed his belief that this can bring potential difficulties to the university

“I’m not sure it matters except that it makes it difficult for faculty, especially if numbers of majors shrink and there are fewer upper level courses offered. It makes us less attractive as a university in those majors.”

Students have mixed feelings when it comes to the cancellation of PACS III. Mechanical Engineer student Jesse Bonura ‘20 sees some benefits to the class, but says it feels a bit redundant — and it is especially difficult when their major has a lot of other requirements to be fulfilled.

“I definitely think it’s good to have students take ethics classes, because I think it’s good to get practice with critical thinking on moral dilemmas,” Bonura said. “But coming from a major that already has a class on ethics specifically outside of PACS and a lot of units in general to complete in four years, having the additional required course does feel kind of unnecessary.”

Students who have yet to take PACS III see the benefit of the writing portion. “I don’t think I have written a paper since PACS II,” bio major Justin Ho ‘21 said. “Although I see why some students may not enjoy PACS III, I think majors where there is little writing to be done could benefit from the additional experience.”

Albala, sees a need for versatility in course requirements. “I think college should teach you to be a well-rounded broadly educated person who has skills to learn,” he said. “Research, writing, speaking, critical thinking skills --- that is less likely to happen if students focus narrowly on their major.”
Students struggle with ESA process

By Amanda Davis
Copy Editor

Cop Emotional support animals (ESAs) are therapeutic for many people. They are not trained to perform tasks like service animals, but their companionship can decrease feelings of loneliness, stress, depression, and anxiety. ESAs are legally allowed in residential areas that do not allow pets and are exempt from pet deposits or other animal fees. To have an ESA, a person must have a letter from a health provider confirming their need for the animal and the benefits that the animal will provide. Unfortunately, the process for getting an ESA letter is quite long for many people.

Jennae Fenton, Health, Exercise, and Sport Sciences (HESP) ’21, had a rough time getting her dog, D’Oreo (“D” for short), registered as an ESA. Without knowing the right resource and having a long packet to fill out for housing, it was difficult finding someone to provide verification of her need for the animal. When she met with a counselor to give her an ESA letter, she then experienced some trouble with housing accepting the letter. Now that she has D’Oreo registered, however, she can benefit from the dog’s companionship.

“It’s a whole different atmosphere when she’s around,” Fenton shares. D’Oreo helps reduce her owner’s anxiety, especially for test prep, and creates a calming environment wherever she is.

Carlos Flores, Computer Science ’19, had a much easier time getting his cat, Prancer, an ESA registration. He states the he was already utilizing services at CAPS (Counseling and Psychological Services) on campus, which helped the process go much more smoothly.

“It was a pretty easy process, honestly,” Flores explains. “The process was made a lot easier because I started the process before I got the cat.” He had no issues with housing and everything was set up within a week or two for Prancer to stay on campus with him. For Flores, Prancer is a distraction from negativity and helps because “he exists.”

For those who are not already seeing a therapist, the process may be longer while the therapist assesses whether or not a person would truly benefit from an ESA. Apart from that, however, many people are held back due to extensive paperwork, struggling to find the right person to talk to about it, and housing representatives being hesitant to accept the letter. For some people, including myself, the process of registering and animal as an ESA takes months.

“With things like this, it’s just a matter of people taking care of themselves and...they should be able to do that,” Flores argues. “I don’t understand why it would be that lengthy of a process.”

The fact that some people do not believe that ESAs are valid forms of treatment also hinders a person’s ability to get the help that they need. For Fenton, her primary care physician did not offer the service. When a medical provider does not offer the service of writing an ESA letter or connections to someone who can, they are denying their patients an avenue toward improved mental health and well-being.

“There is literally a pheromone that releases chemicals in your brain when you’re petting an animal,” Flores states. “There is a release of endorphins. It is brain chemistry that animals are good for you.” He urges people to recognize that not only is it fun and nice to have a pet, but that ESAs specifically can truly help with mental health and there is science to back it up.

“I think it’s just the stigma behind mental illness or emotional illness,” Fenton speculates. “It’s different than ‘I’m just anxious.’ It’s silly to me to think that [some people] don’t see the benefit in reaching out to other things. People do different techniques to deal with their own stress and D is to deal with mine.” ESAs are a valid method of managing mental health. Whether the animal is for the reduction of stress, anxiety, or any other reason, the way they can help humans cope with it must be acknowledged.

“Find somebody at CAPS who is reliable and will help you with that process as much as they can,” Flores advises. “That’s definitely the way to go.”

Getting an animal registered as an ESA should not be such a complex process.
Lifestyles
The Pacifican Thursday, December 5, 2019

‘OK Boomer’ meme sparks generational conversations

Gen Z and Millennials feel frustration

By Liliana López
Opinion Editor

A new meme is trending this fall that soon became the epilogue of age relations in the 21st century. The meme in question: OK, Boomer. “OK Boomer” is a meme that can safely be considered to be the most controversial one of 2019.

Although the meme is almost universally recognized by Internet users worldwide, the reasoning behind it is perhaps less known. The OK Boomer meme emerged as a sort of tongue-in-cheek response to the perceived universal hatred that the older generation has for the younger.

According to the logic behind the meme, Boomers are constantly criticizing Gen Zers, condemning everything they do and refusing to understand the changing times. While this can also refer to social norms, the meme has a largely political meaning.

Gen Zers largely blame Boomers for creating the problems our country faces today: climate change, lack of jobs, and economic inequality. In turn, the Boomers are unable or unwilling to understand how the differences in the current sociopolitical climate in comparison to their own times affects younger generations’ decisions or mindsets. The response to this, of course, is “OK, Boomer.”

But is the use of OK Boomer really fixing anything? Dr. Carla Strickland-Hughes, a psychology professor at Pacific whose research interests include gerontology, says it doesn’t. “OK Boomer doesn’t help…bridge generational misunderstanding,” she states, arguing that the use of the meme is building a greater divide amongst cohorts and does not create a space where different generations learn from each other.

Younger generations are "responding to judgement with judgement [and to] ageism with ageism,” Dr. Strickland-Hughes explains. Tida Chanthorn, Pre-Pharmacy ‘23, feels differently.

“I think it’s completely okay to use when someone is saying things that are closed-minded…but it shouldn’t be used when someone is disagreeing with you,” she shares. Chanthorn explains that she has heard people around her own age use “OK Boomer” as an arbitrary retort to anything that they dislike, even shouting it to another driver who they feel is taking too long at the light.

Whether or not you agree with the use of “OK Boomer” as a way to express frustration with the older generations, it is important to understand that anyone who is closed-minded or judgemental will continue to be closed-minded or judgemental, while anyone who is open-minded or tolerant will continue to be so.

This phrase will not suddenly and radically change the mindsets of anyone over 54 to make them agree with you. While using “OK Boomer” may help you get some things off your chest, it won’t do anything else but that.

Disney+ streaming profits from nostalgia

New streaming service a blast from the past

By Chelsea Igtanloc
Social Media Editor

On November 12, 2019, Disney took the world by storm by adding a new streaming platform called Disney+. You can watch any movie or TV show from Disney, Pixar, Marvel, Star Wars, and National Geographic. This includes some classics such as Wizards of Waverly Place, High School Musical, and some new Disney+ originals like Star Wars: The Mandalorian and The World According to Jeff Goldblum.

Disney+ is $6.99 a month, but if you choose the $12.99 package, it includes Hulu and ESPN+. Wallets of many college students nationwide opened for both of these deals. Many reactions show how much people love it!

“I love seeing the old movies!” says Anuelle Jumuad, Business ‘21. Jumuad and many others are great fans of this new platform! In only a little more than 24 hours, more than 10 million people subscribed! Need a comparison? HBO Now has 3 million subscribers, but it has taken 3 years to get to this position!

Twitter has also been blowing up with new trends after the hit of Disney+. One of these is Baby Yoda from Star Wars: The Mandalorian. Memes are being made by the second of how cute he is and how funny he can be as a reaction to any scenario! Baby Yoda has truly captured the hearts of fans everywhere just by being in Disney+.

People are holding on to their seats for the new The Proud Family Announcement as well! A spin-off? A new movie? What could it be? The possibilities are endless, but Twitter is already booming before the announcement happens! No matter what it is, it will only be available on Disney+, so it will take longer for those without it to see it.

On the other hand, some do not feel as excited about this new system.

Lauren Lewis, Biology ‘22, states, “I personally do not need or want a subscription. I won’t really watch any Disney or Marvel productions.” If you are not particularly a fan already of Disney or any of the companies they have bought out, Disney+ is not the right fit for you.

Not only is it not useful for those who do not show interest on any of these movies or shows, the system was also not working for many of those who were excited. In the past 24 hours, more than 500 reports were made about customers’ Disney+ being down. Some problems include shows not streaming or hacked accounts. Since Disney+ has only been released in select countries, many are talking about people internationally trying to get ahold of one of these accounts.

“The demand for #DisneyPlus has exceeded our highest expectations. We are so pleased you’re excited to watch all your favorites and are working quickly to resolve any current issues. We appreciate your patience,” Disney explains on the day of the launch in response to Disney+ not working for customers.

No matter what your opinion is on Disney+, it is available if you would like to try it out! Relive the nostalgia of childhood Disney TV shows/movies or try something new with one of their originals! You can even laugh along with others at the new Baby Yoda memes as well!
Tiger Dancers welcomes male teammate

Freshman Immauri Patterson trained in hip hop and other genres

By Malavika Raj
Sports Editor

The Tiger Dancers have always been a staple to Pacific game days and rallies. The team, historically only consisting of women, is modeled after NFL and NBA dance teams. Well-coordinated routines and contagious energy embody the Tiger dancers, and for the first time in history they have a male squad member.

“Being the first male team dancer was such a shock to me,” says Immauri Patterson, Mechanical Engineering ’23. “I think about it almost every day at practice.”

Patterson says that his passion for dancing started at a young age and gave him a voice. “Dancing is a passion that I have, but it’s also a balance from school and social life. It allows me to speak clearly when there are times that I can’t,” he said.

Patterson’s palette is diverse. He is trained in hip hop, contemporary, jazz, and tap, and of course, has a favorite. “My longest style is hip hop,” he said, “but my favorite style is contemporary because of how free-moving I can be. Plus, it is so calm, and I love that.”

When it came to joining Tiger Dancers at UoP, Patterson says that he was asked to try out by team captain Michaela Shields. After tryouts, the decisions were posted on the official Tiger Dancers Instagram page. Upon finding out that he was accepted, Patterson states that his feelings were simple.

“I was just so happy,” he explains.

According to the official Pacific Athletics page, dancers must be highly skilled.

Not only do they need to be savvy with pom-poms, but also display “style and showmanship.” Additionally, the team provides an opportunity for dancers to choreograph routines.

Patterson says that joining the team pushed him as a dancer as well.

“My flexibility and some contemporary moves have gotten better,” he comments. When asked what he personally brings to the dance squad, Patterson mentions that he keeps things lighthearted. “I would say that I bring the fun and laughs at times.”

As of right now, Patterson does not have plans on dancing professionally after graduation, but does want to make space for his passion.

“I had thought about dancing professionally, but my dream is to become a CEO of a company that designs roller coasters,” he says. “But I will find a way to incorporate dance.”

Patterson is the first male to join the Tiger Dancers, but he hopes he is not the last.

Coach Brooke Hovey said she’s evolving the Tiger program and part of that is looking at what other teams are doing.

“Dancing is a passion that I have, but it’s also a balance from school and social life.”

Immauri Patterson
Tiger dancer ’23

Patterson said he encourages male dancers to push their boundaries and their capabilities and join the team.

“I would definitely encourage other guys to try out because you should always take a leap of faith into the unknown,” he said.
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