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## The Pacifican May 2023

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May 6 Written By Jasmin Prasad

# Advancements in Sustainability: Jessica Bilecki on E-Bikes and the Future of Sustainability

There's a new way to get around Pacific and the surrounding Stockton community that can be accessed from a hub in our very own William Knox Holt library: e-bikes. A collaboration between Pacific Sustainability and Bike Stockton, there is an e-bike hub at the main campus library. Other e-bike hubs exist throughout Stockton, the locations of which are found on the Bike Stockton app.



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The entirety of service from Bike Stockton are app based. To utilize the e-bikes, the Bike Stockton app must be downloaded, as the bikes can only be unlocked through the app. Users will see two options: become a member for a year and pay a \$40 membership fee, or pay a by the minute fee, which is \$0.15 per minute and a \$1 fee to unlock the bike.

The addition of e-bikes to UOP and the Stockton community are an *amazing* stride in efforts to be more conscious of emissions from more heavy machinery. Pacific's Sustainability Director, Jessica Bilecki, comments on the impact of e-bikes to sustainability: "[While] nothing is a perfect solution given that the e-bike is electric and has batteries... we are taking cars off the road, reducing emissions, and barriers."

In terms of emissions specifically, Bilecki states, "Electric is great health wise, especially for this region. Emissions are easier to control from one source versus tailpipe emissions – it is easier to control particulates that are known to cause asthma... in the valley, the air that we breathe is notoriously not great."

While reducing emissions are of certainly of critical importance, Bilecki mentions reducing barriers to transportation, which are also just as important to sustainability efforts.

"In sustainability, it's low income, underrepresented folks who are most impacted by the negative effects of climate change. We want to make sure that people have equal access to opportunities and resources, and at the same levels," says Bilecki.

Another way to increase access to transportation is car-sharing through Miocar, Bilecki cites. For reference, Miocar rates start at \$4 an hour, and is also app based through the Miocar networks app.

Other ways to partake in sustainability efforts across campus and to the broader community can look like engaging in other opportunities that Pacific sustainability has to offer: clothing swaps, donating to the food bank (now in the communications department), and joining the green team.

Be sure to engage in sustainability efforts, no matter how small, to keep Pacific, the Stockton community, and the world more green!

For more information, visit the Bike Stockton Website: <https://bikestockton.org/#footer> and the Pacific Sustainability Website: <https://www.pacific.edu/about/sustainability>

May 6 Written By Jasmin Prasad

# Pacific Students, Nathaly Diaz Rosales and Mark Castaneda, attend Stanford Engineering Program

From January 26th to January 28th of 2023, Pacific Students Nathaly Beatriz Diaz Rosales (Bioengineering '24) and Mark Castaneda (Engineering Physics '25) attended Stanford Engineering Research Introductions (SERIS).

Attendance of SERIS is an incomparable feat accomplished by Nathaly and Mark. In a statement made by Sarah Lowry, a second year Ph.D. student in Civil and Environmental Engineering at Stanford University, Lowry mentions that this year's applicants for the program were "highly competitive, with an acceptance rate of 26%... 20 students were admitted into the cohort."

"SERIS aims to introduce undergraduate students, especially those from underrepresented backgrounds.. Our mission is to increase awareness and exposure to graduate education for underrepresented groups.. participants met with Stanford faculty members to learn about their research, interacted with current Stanford graduate students through panels to learn about life as a graduate student, and toured research labs on campus, among other activities," says Lowry.

Acceptance into and participation in SERIS is merely an addition to the amazing endeavors of both Nathaly and Mark. Learning about their journeys, their work, and dedication is truly something inspiring to witness.

Nathaly is a bioengineering major; she cites her interest in health and well being for people as a core reason why she is interested in bioengineering. More specifically, she found interest in the COVID-19 pandemic: "I know that bioengineering had a lot of scope [in the COVID-19 pandemic] so I want to do research in disease or in finding cures for disease."

In Peru, Nathaly did an internship with a doctor, where she was a lab assistant for research in oncology patients.

Mark is an engineering physics major, and says, "there is no greater pinnacle in this life that to contribute to space science in some significant way." And in fact, he already has experience in the area. At Delta College, Mark was a NASA aerospace scholar, and was able to work at NASA the following summer.

"[Being a NASA aerospace scholar] really encouraged me to believe that I could do more," says Mark.

Mark mentions that his path, and being in the spot that he is in now, is not one that was easy – "as a first generation, low income, formerly incarcerated, formerly homeless student, the path to get here was really long and difficult."

Similarly, Nathaly speaks about her experience moving from Peru to the United States. "Coming to the U.S. was a dream for everyone back home in Peru I made it my goal to pursue my dream coming here, and I worked really hard in high school to do that," says Nathaly.

When asked about the intersection of being a woman and being in the field of STEM, Nathaly noted that being a woman from Peru, in engineering is not something that is seen everyday. Such representation, she says, would have been helpful when she was younger.

In being a woman in STEM, Nathaly is the very role model that she wanted to have when she was younger. However, this doesn't mean that she is immune from imposter syndrome.



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“I am the only person I know that is here, doing what I am in the U.S... sometimes I wonder how I am here. Sometimes I feel like I don’t deserve to be here since I am not as smart as everybody. But when you look at the ultimate goal, you stop thinking about what this journey is supposed to look like, and then do it your own way,” says Nathaly.

Likewise, Mark shares his experience with imposter syndrome. “With my background, I thought this whole world was closed off to me for so long. What shatters that is when you do well on an exam, you get 100 on a homework, you do some accomplishment in this path, and it restores your confidence,” says Mark.

Critical to moving through feelings of imposter syndrome, were the support systems that Nathaly and Mark have been able to find. Mark mentions that Jacqueline De La Paz from Success Trio, has been a great support. He also mentions two physics professors: Dr. Jontof-Hutter, and Dr. Hetrick.

For Nathaly, her advisor – Dr. Gulati – has been a great support. “She has been acting like a mom to me while I’m here. She makes sure to give me all the opportunities she sees and advises me on more personal matters,” says Nathaly.

Both Nathaly and Mark are interested in pursuing Ph.D. 's, which was one of their main motivators for applying to SERIS.

Nathaly recounts her experience at SERIS: “When we were at Stanford, I couldn’t believe it. They showed a panel of professors with their research... it was so interesting to see what humanity is doing.”

“It’s really cool when you get into a place like that... anytime that you are surrounded by people with similar interests, that are just as motivated as the students there were, it helps to motivate you,” says Mark.

Nathaly and Mark both state that the future of engineering should look like companies, schools, or the powers that be, invest into lower income communities. As Mark puts it, “There are these giant pools of amazing talent, survivors, and incredible people that are being left out. There’s an immense amount of talent, drive, and amazingness that doesn’t get included.”

Nathaly and Mark are true hallmarks of talent and drive – they are students who are and will pave the future of engineering.

### ***Fun fact section: learn more about Nathaly and Mark!***

Nathaly’s fun fact: I had a startup company back home when I was 16 – there was a problem in the highlands, in the low income communities where they were struggling with the extreme cold. We made blankets that could sense temperatures, and adjust to keep them warm.”

Mark’s fun fact: My dog, Jellybean, is my favorite person in the world.

cover photo taken from Encyclopedia Britannica

May 6 Written By Declan McJilton

# Calvin Behm 1999-2023

On February 18, 2023, the world tragically lost Pacific Alumni Calvin Behm. Calvin had just graduated from Pacific this past fall and had been pursuing a job with Toyota.

During his time at Pacific, Calvin was a communications major and a huge part of the Men's Water Polo Team. His contribution in the 2022 season aided the team in securing a Golden Coast Conference Championship Win and a trip all the way to the Semi-Final of the NCAA tournament. Calvin's presence was felt around campus, always walking to class with a big smile on his face.

One of his many friends, Madelene Ennis, 24' (English) shared a few words about what Calvin meant to her, "Calvin Behm to me was more than a waterpolo player. When I think of Calvin I can hear his laugh and I can see his smile. That smile could light up a room, and whenever I was having a rough day he would always cheer me up and make me feel special."

"He cared so much about all the people around him. The love he had for his teammates was so strong. The commitment and loyalty he had for his team always inspired me, and watching them all interact with each other it was clear that they were his brothers. I am so grateful for the time I had with him. He was my first love and he will hold a special place in my heart forever. Love you Cal."

For anyone who had the privilege of knowing Calvin, you know he was filled with love for everyone around him. So, may his memory live on for his family and friends back in Pennsylvania and here in Stockton. Fly high buddy.

Declan  
McJilton

Staff  
Writer

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May 6 Written By Kara Uchizono

# Tips for Spring from CAPS

Spring is here! And with it comes the dreaded finals season. Whether you are a senior experiencing a serious bout of senioritis, or a freshman trying desperately to settle in, or a junior or a sophomore that has yet another semester to face with no end or beginning in sight, a new semester can be tough. So here are some wonderful tips from CAPS (Counseling and Psychological Services) to help combat the spring slump:

Kara  
Uchizono

First  
Year  
English  
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## Prioritize your Mental Health

Whether it is because of the weather changes, the time change, or the post-holiday blues, the spring semester can be really tough on your mental health. Having overwhelming feelings of anxiety or sadness due to the weather change is real. Darker, colder days can lead to fatigue, lethargy, and depression. Identify what you are feeling, acknowledge that it's real, prioritize setting schedules that include self-care, and seek out help from CAPS (fill out our appointment request form online: <https://www.pacific.edu/student-life/safety-wellness/counseling-and-psychological-services/appointment>) or by calling our 24/7 therapist at 209.946.2315 x3.

## Stay organized and focused

Staying on top of your workload and managing time is a key factor for academic success. It may be overwhelming at first to write down all the assignments, finals, and deadlines, but you will thank yourself in the end. By organizing your schedule, you're also keeping track of when you have free time to relax, hang out with friends, and participate in extracurricular activities.

## Try new things

Though you might have had more excitement at the start of the fall semester and attended all of the activities and student organization fairs, the spring semester is a time to try out new things. Give yourself permission to join a new club or organization, or attend that musical recital of a friend of a friend – something that is just a little bit outside of your comfort zone. You'll never know how much you can grow until you try!

## Rest well

Once the weather starts getting a bit better, you might find yourself wanting to stay out later to take advantage of the sunshine, and then might feel the pressure to stay up late into the night completing that assignment that's due tomorrow. To combat the tiredness the next day, you might rely on extra caffeine, crunchy foods, or naps that interrupt your natural sleep cycles. Resting on a daily level means getting enough sleep (at least 7 hours of quality sleep), eating nutritious meals throughout the day, staying hydrated, and taking mental breaks between activities to do something that is rewarding.

## Work on being present in the here and now

Dwelling on the past often increases anxiety, decreases motivation, and can cause you to make mistakes in the here and now. Maybe you got a bad grade in the fall semester and it hurt your GPA, or maybe you had a falling out with a friend. Whatever the case, it's a new semester. Set intentions about how you want this semester to go, and then let others help remind you that you can only control the present moment. The past has already happened, and the future is unknown. Take advantage of the gift of now. CAPS has a great weekly mindfulness program to help you with this, called Mindful UOP. Learn more about our groups here: <https://www.pacific.edu/student-life/safety-wellness/counseling-and-psychological-services/group-therapy>

May 7 Written By Jasmin Prasad

# Profile of Dr. Ivan Chicchon: Who is the Creator of Implant Ninja?

Dr. Ivan Chicchon, an Arthur A. Dugoni School of Dentistry graduate, is an implant surgeon who started the dental center, Implant Ninja. Dr. Chicchon is also an author, having written 4 books – namely, “Screw Dog: Surviving \$800,000 debt, and chasing my dream.” While being a dentist, an implant surgeon, the creator of an implant company, and an author all at the same time are a most impressive feat, that hats that Dr. Chicchon wears are far from being the most interesting thing about him.

In his formative years, Dr. Chicchon mentions having a tough time in high school. “I went to school in Stockton, but I got kicked out of my first high school. I went to another one, and then got kicked out again,” says Dr. Chicchon.

After high school he made his way to Pacific, where he was a Pacifican student for two years, until transferring to University of California, Davis. Dr. Chicchon has parents who are dentists, and had decided early on that he wanted to “do his own thing”: “I studied economics, Chinese, and was super into other things,” says Dr. Chicchon.

It was a conversation with his grandfather that led him to the Dugoni School of Dentistry. As mentioned prior, Dr. Chicchon had an interest in economics. He cites “being interested in economic development, and feeling the transformative power of economics.” His grandfather, an economist, nudged him to build upon what his parents had developed.

And so, he did.

“I was like, alright. I dropped out of Davis, ended up taking all my pre-requisite courses in a year at UOP, took a bunch of summer classes, studied hardcore for the entrance exam, and got in.” says Dr. Chicchon.

Studies at Dugoni initially started as a shock for him with the hard sciences – sciences like biochemistry and physiology. Inevitably, Dr. Chicchon ran into stress, and its accomplice, burnout.

Critical to moving through the stress prevalent in dentistry school were two factors: his wife, and finding a niche that he enjoyed. “I did feel super stressed at one point, and I wanted to drop out because I felt like all these things didn’t align with who I was. I addressed it by finding something that I could be excited about, a niche that I can get on board with,” Dr. Chicchon explains.

His wife – who was his fiancé throughout school – kept him motivated. He recalls being on the phone with her, and telling her that he wanted to drop out. In his words, “it felt like she smacked me on the back of the head to get my act right, and to figure it out. And I did.”

After finishing dentistry school, and doing three years of speciality training in Michigan, he had accumulated around \$800,000 in debt. However, Dr. Chicchon was not able to start working and paying off his debt just yet.

Post his three year training in Michigan, he planned to start practicing. His wife was pregnant with their first child, and at one of their first visits, they were told that they should see a specialist. The specialist told them to terminate their baby.

Dr. Chicchon and his wife decided to deliver their first of two daughters, Olivia. Dr. Chicchon recounts that his wife and him “had to face this new situation where we had all these medical problems. We had to shuttle her back and forth to the ER in SF randomly... we had a temporary apartment that was 5 minutes away from the ER.”



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With the birth of Olivia, also came the birth of his first book, and of Implant Ninja.

Dr. Chicchon had both hospital bills and debt to pay off. He began to monetize the content that he was creating on social media: “I wrote a book and I was able to sell thousands of copies of it. The instability we were facing forced me to come up with a different way to make payments... while I was in and out of hospitals, I started to grow a brand and that turned into Implant Ninja.” He describes Implant Ninja as starting off as him being transparent; sharing what he was learning online, regardless of whether people were watching or not.

Fast forward a couple of years, and Dr. Chicchon describes what a work day now looks like. He cites incorporation of a lot of rest into his work days. This is from a shift in initially being motivated by fear and aspiration, to now finding motivation in curiosity and creativity. Creation of his work schedule is also largely, if not wholly, determined by spending time with his family.

In speaking with Dr. Chicchon, it was clear that there was a breadth of wisdom that any student, or individual, can truly benefit from hearing. As such, excerpts of his advice on imposter syndrome, and on advice he would give to his former self is given below.

On imposter syndrome: “The perception that other people are smarter than you, or are doing cooler things than you, those perceptions are self-generated. It exists in you. it's not the truth, it's not how it really is. is. You overestimate those things. To avoid this, just be transparent... everyone lives a very interesting life. [But] everyone selects what they want to share with the world, and so it looks like everyone's life is amazing. If you just share what is truly going on in your life people can relate to that more and it is relatable.”

On advice he would give to his former self: “The best advice is to trust yourself and not think that something is deficient in you. Trust what you think and your rationale. If you're asking everybody, ‘hey what should I do’, they are just getting a little glimpse of your scenario, and trying to give you advice that is very safe. Instead, you should just use your own rational thought process and do what you think is best.”

While it is clear that Dr. Chicchon is accomplished, and that the aforementioned information is not all encompassing of everything that he does, let it be noted that he actually doesn't have it all figured out. He states that he figures what he needs to do along the way, and that he doesn't know much about things prior to jumping into them. He is simply doing the best he can.

Dr. Chicchon's fun fact: “I'm a super good sculptor – I made an almost life size Yoda.”