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One problem, many repercussions: 
Prison overcrowding in California

Yana Manuylo 
CONTRIBUTING REPORTER

On Nov. 14, the Pacific Legal Scholars program held a panel titled “Prison Overcrowding in California: Healthcare Challenges and Solutions,” which discussed the current condition of our state prisons and ways in which we, the voters, could influence the hardships that prisoners face.

Michael Vitiello, a criminal law professor at Pacific’s McGeorge School of Law, opened the talk with a few facts about the United States’ state prisons and our criminal justice system. In the 1970s, we moved to determinate sentencing and made prison our “remedy of choice.” At that time, we had 200,000 people in our correctional facilities. By the late 2000s, there were 2.5 million inmates. Our policy makers created realignment laws to reduce the amount of people in our state prisons, but they were only effective in moving criminals from state to county prisons. Vitiello ended with a call to Democrats to take a leadership role in the fight for prison reform.

Vitiello was followed by Clark Kelso, the federal receiver of all of California’s state prisons. Kelso described the inadequacy of prison healthcare and the reasons behind the high rate of recidivism among freed felons. According to Dr. Kelso, “What we have been facing is a large widespread dehumanization of criminals and inmates.” Equating them to animals and immoral beings makes it easier for us to ignore their needs and for custody officers to abuse their power. Kelso feels that prison overcrowding and recidivism could be reduced if the people who worked with inmates treated them as humans and took the time to get to know the people they were working with.

The final speaker was Howard Moseley, Chief Counsel of the Board of Parole Hearings. Moseley discussed California courts’ goal to reduce prison overcrowding from over 140 percent to 137 percent by the end of next year. Moseley also discussed the harms of overcrowding, which include increased violence, inadequate resources and loss of rehabilitation spaces such as gyms and classrooms for the sake of making more rooms. From the side of the parole board, overcrowding is fought by resentencing third strikers, humanizing the way inmates are referred to in court and by making the Board of Parole and their decisions more transparent.

The speakers ended with a Q&A session, leaving the audience pondering different ways in which we can aid our country with this prominent yet underrepresented issue.
Guest Lecturer: Dong won Yoo
“North Korea’s Missile Program: Assessment and Implication”

Last week on Tuesday Nov. 11, guest speaker Dong won Yoo, Ph.D. presented “North Korea’s Missile Program: Assessment and Implication.” According to the Pacific website, Yoo is a Research Scholar in the School of International Studies, as well as a “professor in the Dept. of International Relations and Head of the Center for Security Policy, Research Institute for National Security Affairs at the Korea National Defense University in Seoul, Korea.”

Interested in volunteering? Need a working team?
Join CCI Voluntary Action Groups

Michael Orozco Jr.
STAFF REPORTER

Are you an individual interested in ongoing community service who wants to avoid the stress of organizing the opportunity? Well, Voluntary Action Groups are perfect for you! The CCI has five active Voluntary Action Groups that volunteer in the Stockton community almost every weekend in the semester. The five Voluntary Action Groups partner with Stockton Animal Protection League, Very Special People Bowling, Habitat for Humanity Construction, Stockton Shelter for the Homeless and Boggs Tract Community Farm.

Voluntary Action Groups are made up of Pacific students who want to volunteer in the local community on a continuing basis. These students participate in ongoing service and network with fellow students at the same time. Ongoing service is quite rewarding because of the connection Pacific students form with the community partner. Dedicating one’s time to recurring community service can lead to meaningful and reciprocal relationships. For example, witnessing firsthand the enjoyment children have while creating art and getting to bond with Pacific students. Voluntary Action Groups are student-led groups, and the service opportunities are organized by the Center for Community Involvement. Volunteers avoid all the hassle of organizing rides, as the CCI arranges carpools for the Voluntary Action Group volunteers. In addition, Voluntary Action Groups are a great opportunity to get to know people with similar interests who may be outside your usual social circle.

One great opportunity is Boggs Tract Community Farm run by PUENTES, which meets from 9 a.m. to noon on Saturdays. Volunteers have the opportunity to implement organic farming techniques according to the crops and seasons. This can include maintenance, projects or improvements to the farm. Another Voluntary Action Group is the Stockton Homeless Shelter, which meets from noon to 2 p.m. on Saturdays. Pacific volunteers spend time with the children staying there by making arts and crafts, reading or simply watching a movie. This helps make the weekend special for the children and is a rewarding experience for both parties.

Joining a Voluntary Action Group does carry some responsibility. We do ask you to commit to 1-2 weekends a month and that you sign up at least one week in advance so that all the logistics can be arranged. If you are interested in signing up for one of these Voluntary Action Groups or would like any additional information, email cci@pacific.edu.

Alpha Phi hosts the 13th annual Red Dress Gala

Alex Rooney
OPINION EDITOR

This Saturday, Nov. 22, the ladies of the Iota gamma chapter of Alpha Phi here at the University of the Pacific are hosting their 13th annual Red Dress gala philanthropy event. This event raises money for the Alpha Phi Foundation, which supports fundraising and awareness for women’s heart health issues.

The Alpha Phi Foundation works by awarding the Heart to Heart Cardiac Care grant to an organization focused on women’s cardiac research. Instead of all philanthropic gifts being designated to one specific location or organization, each chapter has the ability to establish a connection with a local cardiac care and research facility. In this way, many communities are able to benefit from their local chapters.

This year’s Red Dress Gala begins at 7 p.m., with check-ins as early as 6 p.m. It is sure to be an evening filled with entertainment, including guest speakers, a raffle and a silent auction, all while guests enjoy a formal catered dinner. This year’s event will once again take place in the DeRosa University Center ballroom and is expected to be attended by over 150 people.

Last year, the Alpha Phi Foundation’s collegiate chapters raised over $2 million collectively, and the Iota Gamma chapter at Pacific raised over $12,000 on the one night alone. Of course, the ladies of Alpha Phi are hoping for support to top that amount with this year’s event.
Praise for Pacific leaders:
The Pacific Alumni Association recognizes three with the 2014 Faculty Mentor Awards

Nanxi Tang
GENERAL MANAGER

On Sunday, Nov. 16 at the Alex and Jeri Vereschagin Alumni House, three members of the Pacific faculty were honored with the 2014 Faculty Mentor Award. Keith Hatschek from the Conservatory of Music, Gary Martin ’86 from the School of Engineering and Computer Science and Alan Ray from the Communication Department within College of the Pacific were those selected to receive this prestigious award.

The Pacific Alumni Association recognizes the significant impact faculty has on the lives of students and alumni. The Association created the Faculty Mentor Awards to recognize outstanding faculty who have mentored students and alumni through their personal and professional relationships,” the website states.

Hatschek is the current program director of the Music Management Program in the Conservatory of Music; he completed a Bachelor of Arts and Graduate Certificate in marketing with distinction from the University of California at Berkeley. Hatschek joined the faculty in 2001 after a successful career in the music industry and is currently Pacific’s National Association of Music Merchants Association representative. During his career, Hatschek started Bayshore Studios, his own commercial recording studio, and joined Music Annex, Inc., one of the leading recording studios in the United States. “I enjoy helping students prepare for lives that they want to live, doing what they want to,” Hatschek told in a press release.

Shannon Moore ’11, who wrote a nomination letter for Hatschek, explained that the Conservatory of Music professor goes above and beyond for his students, guiding her not only during her time at Pacific but also after she graduated.

Martin holds a Bachelor of Arts in psychology from the University of California at Davis, as well as a Master’s in counseling and career guidance from California State University at Hayward and a Doctor of Education in education administration from the University of the Pacific. Martin has been at Pacific since 1989, and since then has been passionate about mentoring students to help them find their own path to success, as well as to reach their full capabilities as a student and as individuals.

Hatschek, he always knows that he is just a phone call away,” explained Luis Torres ’97 in his nomination of Martin. Martin currently serves as assistant dean within the School of Engineering and Computer Science, as well as coordinator and director of the School of Engineering and Computer Science’s Co-op program for 25 years

Ray, an assistant professor of communication at Pacific, joined the faculty in 1987. He holds bachelor’s and master’s degrees from Memphis State University, as well as a doctorate from the University of Missouri. Qingwen Dong, chair of the Communication Department within College of the Pacific, commended Ray on his efforts to connect with each student personally and professionally, understanding that they all have their own different stories and challenges: “During the course of creating opportunities and possibilities in media fields, Ray has developed deep, lasting relationships with his students. They become more than just alumni; they become lifelong colleagues and friends.” Ray believes in the importance of understanding each student’s individual needs and issues, sharing his help and compassion to resolve their problems; he stays in contact with his former students and often connects his current students to those of the past, providing valuable mentoring and learning experiences to both groups.

Arabella di Bagno guidi ’05 nominated Ray on the basis of his commitment to his students. “He listens to his students and adjusts his curriculum to meet our interests and needs,” commented di Bagno Guidi.
How to do good and do it well

Guest lecturer David Hopkins speaks on social entrepreneurship

Ashley Yum
STAFF REPORTER

The Council of Social Entrepreneurs invited David Hopkins to speak about social entrepreneurship with his partner Alexander Deleuse at the Bechtel International Center on Nov. 13, 2014. Hopkins is the membership director of The Giving Circle, which has almost 500 members and has previously spoken at Pacific four times, with Thursday’s event being his fifth. Along with his partner Deleuse, Hopkins has started the company Creative Expansions, dedicated to the principles of social entrepreneurship, in which people tackle social and environmental issues while still being able to sustain themselves — and helping other companies with the same goals.

Introducing himself to the audience, David Hopkins stated straightforward that he did not want the session to be merely about him speaking. He wanted it to be an interactive experience. As such, the audience participated in the event, answering queries about their stances as well as their standing in the University of the Pacific. These questions led to the beginning of the speaker’s topic, in which leaders play a huge goal. “You are all student leaders,” Hopkins said. “You came here out of your own choice.” As Hopkins began speaking of social entrepreneurship, he explained how student leaders are able to make a difference in the world, and that he himself had always wanted to make changes but did not know where to start.

Hopkins detailed what pushed him to speak for social entrepreneurship, stating that it started when he was a child. He did not live in an affluent neighborhood, and his parents had to work late in order to send him to school. However, he witnessed that there were people worse off than him, and at his young age, he did not understand why. His home-stay experience in Tanzania, where he educated people dying, and he was unable to do much to help. This continued as Hopkins attempted to start up something, called B Corps, that attempt to provide for shareholders while tackling societal problems. With several last words, Hopkins ended his speech by telling the audience they could help the society as shareholders while tackling societal problems. With several last words, Hopkins ended his speech by telling the audience about their individual goals, asking them what they were passionate about, what skills they have and what they want to pursue. He said these categories could all be linked together, which is what his company Creative Expansions is all about, which is what social entrepreneurship is all about.

For those who want to take part in helping society through business, consider joining Pacific’s Council of Social Entrepreneurs. The group meets every Thursday night at 5 p.m. at the Bechtel International Center and hosts various public events throughout the school year.

Happy Hogwarts holidays with DA

Jodi Tai
NEWS EDITOR

Who’s ready for an enchanting night at the Yule Ball? This coming Saturday, Nov. 22 from 9 p.m. to midnight, Dumbledore’s Army will be hosting its fourth annual dance, inspired by the Yule Ball from the Harry Potter series.

Held in Grae Covelli’s Tiger Lounge, the event is only $5 for admission. All musical selections will be chosen by either club members or attendees. To send in song requests, email Deputhead, dapacificedivision@gmail.com to hear your preferences at the ball. “It’s just a fun night to get together and just dance,” shared Dumbledore’s Army President Tiana Freiri ’16, “Whether it be crazy dancing, or even waltzing; we have a few members who love that and those are the songs they’re sending us.”

In addition to the Yule Ball, the club will also be hosting Mrs. Weasley’s Gift Drive. This toy drive is an ongoing event in which the club is collecting presents in November and December for the Boy’s and Girl’s Club of Stockton. “It’s unique because we are currently the only organization doing this for them,” explained Freiri. “Last year’s president was very close to the Boy’s and Girl’s Club because she grew up in Stockton. This will be the third year [of Mrs. Weasley’s Gift Drive].”

Anyone with toys can bring them to any member of Dumbledore’s Army or drop them off at one of the club meetings. Meetings are held every Wednesday at 7 p.m. in the Multicultural Center. The last day to donate will be Dec. 3.

Have a Hogwarts holiday this season, Tigers!

Preview:

Meet Ambassador Arsene Balihuta

Sarah Yung
COPY EDITOR

Have you ever wanted to meet an ambassador? Have you ever wondered about international diplomacy, or what being a presidential advisor actually entails? If so, you’re in for a real treat. On Friday, Nov. 21, the School of International Studies is hosting “National Interests, Diplomacy and Peace” at the Bechtel International Center from 11 a.m. to 1 p.m. This seminar will feature visiting diplomat Ambassador Arsene M. Balihuta, who is currently a senior presidential advisor on public private partnerships to the president of Uganda.

Balihuta, who holds a doctorate in economics from the University of Notre Dame, has had quite the impressive career. From 2008-2009, Balihuta served as a chairperson on the World Trade Organization’s Committee on Balance-of-Payments Restrictions. He also served as Uganda’s ambassador to Switzerland. Even before pursuing a diplomatic career, Dr. Balihuta was an associate professor of economics at Makerere University in Kampala, Uganda. According to the Pacific website, “His research has been on economics of education, poverty and general development issues, and he has also written on the capacity in urban local governments in Uganda, including several articles coauthored with William Herrin, director of the School of International Studies, and Michelle Amaral, associate professor of economics.” These articles involve relevant and significant topics, such as “The Relationships between Housing Quality and Occupant Health in Uganda,” published in 2013. Balihuta has also penned a book, “The Song of Silence,” which was published in 2012.

According to an Aug. 12, 2014 Pacific news release, Balihuta previously led a seminar here in fall 2014 entitled “Trade, Diplomacy and International Negotiations,” where students learned about “diplomatic cooperation, conflict, accomplishment and frustration from the perspective of a seasoned negotiator from a less-developed country.”

So be sure to come on out to the Bechtel International Center this Friday and learn about international relations from Ambassador Balihuta. Clearly, this is not an event to be missed.
The new Republican majority in the Senate

What does this mean for the future of the government?

Nicholas Brummel
STAFF REPORTER

Within the last two years, Congress has not seen a lot of love. In fact, on Jan. 8, 2013, when the organization Public Policy Polling asked the public to rank Congress against some particularly distasteful objects, it was made clear exactly how unpopular Congress has become. 67 percent of Americans preferred lice over Congress, 58 percent preferred colonoscopies and, perhaps most frighteningly, 39 percent preferred the band Nickelback, while only 32 percent declared to prefer Congress. This poll was released around the time of one of the worst instances of political gridlock in recent history, the government shutdown. This single instance made clear to the American populace what happens when the federal government isn’t willing to work within itself to produce compromise. With the House belonging to the Republicans and the Senate to the Democrats, even the legislation creation process was an ordeal that took months more than had it been a unified Congress. On top of that, the president had to decide whether or not to sign off on these bills, which necessarily held Republican interest. Needless to say, it wasn’t a time of much legislative output.

That the Midterm Elections of 2014 have significantly changed the status quo can hardly be output. Needless to say, it wasn’t a time of much legislative output.

That the Midterm Elections of 2014 have significantly changed the status quo can hardly be debated. For the first time in years, there is a unified Congress, with the last belonging to the Democrats

in 2011. Both the House of Representatives and the Senate are held by the Republican Party for the first time since 2007. Perhaps as significant, the executive branch seems willing to cooperate. In a post-election press conference, President Obama stated, “To everyone who voted, I hear you.” This seems to imply that he is ready to work with the mandate of the voters to change things up.

With a new political situation comes new expectations regarding policy. For better or worse, it seems that many items on the political agenda that were once impossibilities due to the political make-up of Congress will now receive the spotlight. One of the longest-standing and most important issues facing our country is that of energy independence. Time Magazine explained on Nov. 15, 2014 that the new Congress seems very likely to pursue and pass legislation to allow for the construction of the Keystone XL Pipeline, which would travel from Canada to the United States. This legislation comes with advantages and disadvantages. Many opponents of the Pipeline are worried about the negative impact such a construction would have on our ecosystems. This is validated and refuted by many studies. On April 26, 2014, Forbes explained that there are risks. It all comes down to weighing the current method for moving crude oil against the proposed method. The current method of moving oil is utilizing trains and trucks. A pipeline spill is much more damaging than that from a train or truck. However, Forbes also asserts that trains and trucks spill much more often. For this reason, each method seems to come with equal risk. However, it seems intuitive that the Pipeline will be extremely beneficial in terms of energy independence. Having a direct line to oil has a very high propensity to decrease gas prices and increase gas exports.

An obvious target of the new Congress is the Affordable Care Act, commonly referred to as “Obamacare.” The New York Times, on Nov. 16, 2014, explained that the act is likely to see revision, if not outright repeal. This, of course, would have significant repercussions. Without a substitute plan, many Americans would lose healthcare. However, it is speculated that the act wouldn’t be repealed without the placing of a substitute. To do so would risk severe political backlash for the Republicans. Another issue that is likely to be targeted is immigration reform, although there is still no clear outline of how that would look from either party. It is clear, however, that even though the Republicans now own Congress, they are still treading lightly in order to maintain such an advantage.

Political gridlock can be an infuriating thing for American constituents. Luckily, it seems like the gridlock observed over the past few years may be slowly dissipating. As soon as the nation’s branches of power are more capable of compromising, passing legislation and dealing with national issues, we may once again be able to rate Congress as more desirable than lice, colonoscopies and Nickelback.
The new way to graduate from college

Nanxi Tang
GENERAL MANAGER

In recent years, the amount of advertising for online colleges, such as University of Phoenix, Kaplan University and DeVry University, on outlets including radio, television and the internet, have increased substantially. Although many of these institutions offer both online and on-campus schooling, much of their marketing is geared toward attracting students to the convenience of their online programs.

In fact, DeVry University spends more on marketing than on student instruction, according to a report from the U.S. Senate. Although the idea of obtaining a degree online has become more mainstream and universal, is there actually value in an online education?

For many nontraditional students, education is a convenience issue. Online programs offer flexible learning for these individuals to study while juggling school, work and family. According to their website, University of Phoenix offers over 100 degrees, including associate, bachelor’s, master's and doctoral degrees. DeVry University, on the other hand, boasts flexible scheduling with online classes starting every eight weeks. As a result of this flexibility, these postsecondary schools tend to attract a high amount of disadvantaged and minority students, according to a 2013 Harvard study of for-profit colleges.

However, this study also shows that job applicants with a business degree from one of these large, online and for-profit schools are about 22 percent less likely to receive a job callback than applicants with a comparable degree from a nonprofit public school. Employers appear to be shying away from these online graduates. University of Phoenix and DeVry University are both for-profit colleges, part of larger corporations of for-profit education. University of Phoenix is part of Apollo Education Group, which owns many other for-profit higher education institutions including Western International University and Axia College; DeVry University is owned by DeVry Education Group, a corporation that also operates other for-profit higher education institutions such as Carrington College, Becker Professional Education and Ross University.

Although an online education might be more convenient, it is not necessarily cheaper or more profitable in the long run. The Harvard study warns about the troubling future of these institutions as a result of the “poor performance in terms of completion rates, default rates and labor market outcomes of those attending for-profit institutions,” concluding that community colleges, many of which offer online classes, may provide equal or better education at a lower cost and that an online education is best pursued in the case of a streamlined, short program with a clear path to a particular occupation.
Double Majoring

Drew Jones
SPORTS EDITOR

There is no doubt that majoring in one area of study is already difficult, but completing requirements for two different majors is a great opportunity. A double-major is an undergraduate college student that declares two separate majors and completes both sets of degree requirements.

Jeff Selingo details in his blog on the Chronicle of High Education that approximately 30 to 40 percent of graduates are double majors. Through his research at various east coast universities, he found that students find it quite easy to double major.

Of course spending extra time at a university is not very cost efficient; however, if you had the opportunity to get everything done in four years, why wouldn’t you do it?

Most students end up picking majors where the classes overlap, but they are still able to master two different skill sets.

In fact, many students have found a way to juggle two majors as well as extracurricular activities without any problems at all.

I can say from experience that being a double-major hasn’t been any harder on my schedule, and I will still be able to graduate in only four years.

Not to mention that having a knowledge-base for various fields opens up more doors for employment after college. The university already mandates that we have a wide range of knowledge with our general education and diversity requirements. Why not take it to the next level and become more knowledgeable in an area that may interest you? Taking classes in different areas can also keep things exciting.

Alison Del Rossi and Joni Hersch report in their scholarly article, “Double your major, double your return,” that double majors, overall, have a 2.3% higher earnings than their single major counterparts. Rossi and Hersch also pointed out that, “Majors combining business and science or math have returns more than 50% greater than the returns to having a single major in these fields.”

If education is an investment, wouldn’t you want to put in the extra effort in order to receive greater benefits in the long run? College is difficult, and it’s supposed to be. But why not work just a little bit harder and get more “bang for your buck” while you’re here. This way you can make yourself more attractive to potential employers and gain more opportunities that you otherwise would not have had.

If you have good time management skills, you are interested in more than one area of study, or maybe even have zero idea what your plans are after graduating college, double majoring may be for you.

There will definitely be challenges, but the long-term benefits, as well as the ability to receive the well-rounded education you want from your university, are just a few of the advantages potential double majors have to look forward to during the next four years.

Nicole Felkins
EDITOR-IN-CHIEF

One of the many questions students are presented with once they start college is whether or not they ought to double major. It’s not an easy decision to make, but there are a few compelling reasons why sticking to one major is a good idea.

First of all, the cost of college is enormous, especially at Pacific and other private universities. Many students don’t have the time or financial luxury to take many classes to discover their second double major and stay an additional year, overload or attend summer classes to complete both degree requirements.

Most students need financial aid in the form of loans to pay for college, because grants are usually not enough, especially considering the rising cost of college. Since most students must use their own earnings to pay back their loans, they are discouraged from taking additional classes in a variety of subjects to discover a second major to pursue, unless someone else foots the bill, like family. By the time they make their discovery, it may be too costly or time-consuming to complete both degree requirements.

Many students depend on financial aid too. At Pacific, more than 87 percent of students are receiving financial aid, averaging more than $26,000, reports the Office of Financial Aid. If a student must stay an additional year to pursue a double major, then he or she must decide if the future benefits outweigh the additional financial burden.

Double majors have to take more things into consideration when they plan their schedule, so they can graduate on time. They must talk to their professors to find out if one of their major’s class times will conflict with their other major’s required classes and if so, when the course will be offered again.

Students who major in one subject can take a wider variety of classes within that discipline, giving them a fuller understanding of their major. They can also take a lighter course load, so they have the opportunity to focus more on each class.

Some degree programs are more rigorous than others, and some majors require internships, so if you choose two difficult majors, then you will have substantially less time for Greek life, clubs, etc.

Those who are pursuing an international track for their B.A. in Economics at Pacific would only have seven classes left to pursue a second major. Of the 124 units required for that major, 42 units must satisfy the general economics major, and 30 units meet the general economics major, 28 units need to satisfy the international track and 3-4 units knock off the diversity requirement. That leaves 30 units to pursue a second major, which eliminates many majors as options if a student plans to graduate in four years.

If a double major will help you achieve your future career goals, then you should consider it. However, if it will mostly be an additional stress and subtract from your ability to complete your first major, work, socialize or participate in extracurricular activities, then you may want to stick to one major.
Bill Cosby “meme” scandal shocks marketing team

Thomas Levy
STAFF REPORTER

What was intended to be good, clean fun ended as a publicity nightmare for Bill Cosby when an invitation to meme the 1980s television dad early last week turned almost immediately sour.

Cosby's marketing team created a platform to create memes of the actor, which he then invited fans to participate in via his personal Twitter page. Unfortunately, though, the team did not expect the overwhelmingly negative response they received, via reputation-damning memes slandering Cosby based on past sexual assault allegations.

Critics of the actor familiar with his sexual assault accusations dating back over 30 years posted phrases mocking Cosby, as well as the fact that he has never been charged with any messier than it already is.

The memes people generated portray Cosby in a few of his more familiar and eccentric poses as Cliff Huxtable from “The Cosby Show” while bringing forth allegations in a context that gives neither Cosby nor the alleged victims any actual justice. Sexual assault is a serious crime and certainly no laughing matter, and these memes bring with them a certain edge of nastiness that will surely rub viewers the wrong way.

Pictures of Bill Cosby saying funny Bill Cosby things are funny, but once they become tainted by implications of rape they shift into something completely the opposite. They bring forth quite pressing questions about the celebrity that deserve some real answers and explanations.

For somebody who portrays himself as wholesome and clean, it is mind boggling to think Cosby has the capacity to commit something so horrendous and unspeakable. However, it is foolish to think that actors’ off-camera personalities must hold true to their on-camera counterparts.

Our culture tends to want to believe that the characters we see on television and in movies exist in the real world: We become so intensely let down when actors’ true colors show.

It would be a shame if such a positive role model for so many communities was in fact a total misrepresentation of everything he stood for. Cosby, who is 77, is currently developing a show for NBC and has an upcoming Netflix release planned; however, his future perception and legacy may very well depend on issues related to his behavior behind closed doors, which needs to be addressed.
LIFESTYLES

Avoid the dreaded gobble wobble

Emily Olson
STAFF REPORTER

It’s no secret: The holidays are the time of year we are most likely to indulge in overeating. The blame lies in emotional triggers and stressful circumstances inevitably attached to intended times of celebration. Gatherings involve food, and food is a seemingly convenient way to combat anxiety, boost your mood or even convince angered relatives of your affection (“Sure, Grandma, pass me another cookie; yours are always my favorite!”).

And, as such, we have come to associate the holidays with a form of overindulgence that is acceptable. Food makes us happy. The holidays are supposed to be happy, thus, the holidays are for food. But the truth? We’re not gathered to celebrate the act of eating, but rather the love of family, the joy of tradition and the beauty of time. Overeating does not — and should not — have to be a holiday habit. But, yes, another truth: resisting taste temptation is easier said than done. Luckily, The Pacifican has a few tips to help you enjoy turkey without expanding waistline… and probably a pounding headache the next morning.

1) Pick your portions carefully. There’s good news here: You don’t have to avoid those holiday favorites altogether. Nationally-recognized nutritionist Dr. Lisa Young, in a piece for The Huffington Post, claims that the key is to “eat larger portions of healthy foods balanced with smaller portions of more indulgent and high-calorie choices.” Remind yourself that those holiday-only favorites should be special — the less you eat, the more you’ll look forward to them next year.

2) Color your dinnerware red. According to a recent study published in the nutrition journal Appetite, people tend to eat less off of red plates than they do of off white or blue ones. “The authors suggest that the color red may work as a subtle stop signal (like a red traffic light) which may guide us to reduce our intake,” according to The Huffington Post. While there’s still a little more research needed to prove this claim’s validity, it’s easy enough to be worth a try.

3) Go skinny sipping. The best parties tend to include alcohol, but the smartest partiers know how to drink without disturbing their diet. Shape Magazine recommends pairing every alcoholic drink (which tend to be heavy in empty calories) with something non-alcoholic (hint: Calorie-free water is always a good choice). You’ll save yourself from an expanding waistline… and

4) Dress accordingly. It may seem farfetched, but experts suggest that wearing slim-fitting or clingy clothing can actually produce self-consciousness, leading to a decrease in overeating. ABC news contributor Cynthia Sass reports that “when fully expanded, your stomach can hold about six cups of food, the size of six baseballs.” A stomach anti-expansion strategy can be a good choice to save your diet.

5) Okay, indulge a little. The bottom line is that the holidays are meant to be enjoyed. There’s no need to feel guilty if you do end up eating a little more than you should. Instead of stressing, just smile at the memories you made… and start strategizing for next time.

Have a healthy and – above all – happy holidays!

Congratulations to our writer of the month for October,

Thomas Levy!

Upcoming Student Events

Thursday, 11/17
Art Exhibit: “100 Years of Dust: Owens Lake and the Los Angeles Aqueduct
9 A.M. AT THE REYNOLDS GALLERY

Lunch Behind The Lair: Chat with the Chaplains
NOON AT THE UC

National Scholarships for Study Abroad information session
NOON AT THE BECHTEL INTERNATIONAL CENTER

The Hunger Banquet
5 P.M. AT GRAVE COVELL

Men’s Basketball v. Pacific
Union
7 P.M. AT THE SPANOS CENTER

Take 5 Jazz at The Brew
7 P.M. AT THE VALLEY BREWING COMPANY

Friday, 11/21
Art Exhibit: “100 Years of Dust: Owens Lake and the Los Angeles Aqueduct”
9 A.M. AT THE REYNOLDS GALLERY

InterVarsity Christian Fellowship Large Group
6 P.M. AT GRAVE COVELL

Women’s Basketball v. Montana
7 P.M. AT THE SPANOS CENTER

Student Recital - Madelaine Matej, voice
7:30 P.M. AT RECTOR HALL

Saturday, 11/22
15th Annual Red Dress Gala
6 P.M. AT THE UC

Women’s Basketball v. Iona
1 P.M. AT THE SPANOS CENTER

Sunday, 11/23
Newman Catholic Community Mass
8 A.M. AT MORRIS CHAPEL

Movies This Week

Thursday, 11/21
“Guardians of the Galaxy”

Friday, 11/22
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What do an alien-abducted human, a talking tree, an anthropomorphic raccoon, a powerful inmate and an adopted alien assassin who’s the last of her race have in common? Well, this motley band of characters make up Marvel Cinematic Universe’s newest superhero team, the Guardians of the Galaxy.

Directed by James Gunn, this action-packed science fiction adventure stars Chris Pratt as insouciant human Peter Quill aka Starlord, Vin Diesel as the voice of the lovable regenerating Groot (shown right), Bradley Cooper as the voice of the volatile genetically engineered Rocket Raccoon, Dave Bautista as the imposing Drax and Zoe Saldana as alien assassin Gamora composing the titular fantastic five. Lee Pace also shines as ruthless, fanatical Kree villain Ronan the Accuser, with “Doctor Who’s” Karen Gillan nearly unrecognizable as his jealous henchwoman Nebula. The ensemble cast is rounded out with appearances by Hollywood heavyweights like Glenn Close, John C. Reilly, Djimon Hounsou, Benicio del Toro and Michael Rooker.

The plotline focuses on a mysterious orb stolen by Peter Quill, who was abducted by space pirates in 1988 shortly after his mother’s death. Suddenly, soldiers and assassins (read: Gamora) are after Quill, and Rocket and Groot get mixed up in the chase. After being apprehended by the Nova Corps, the four must band together to escape prison, with the help of new inmate ally Drax. The quintet must then discover how to successfully sell the orb without incurring the wrath of several ominous external forces — such as the cruel Ronan the Accuser, who works for Gamora’s powerful adoptive father Thanos, and is quite unhappy with her betrayal and failure to secure the orb.

With 8.4/10 on IMDb as well as a 90 percent critic approval rate and a 94 percent audience approval rate on Rotten Tomatoes, “Guardians of the Galaxy” was an unexpected hit amongst critics and moviegoers alike. And, as is expected with box office successes these days, a sequel is already in the works, with a tentative release date of May 5, 2017. So what can we expect from the sequel? Gunn has proposed exploring the backgrounds of the different alien cultures and characters, as well as a potential crossover with the Avengers. Get excited, Marvel Cinematic Universe fans!

Of course, it’s not difficult to see why this movie was such a hit. Fun moments abound in this film, with witty, quotable one-liners, delightfully retro mix tapes and funky dance-offs galore. So fly on over to the Janet Leigh Theatre this Thursday, Friday or Saturday at 8 p.m. to catch “Guardians of the Galaxy” on the big screen — this is one exhilarating film you won’t want to miss.
SEX & HEALTH COLUMN

SEX MYTHS: The truth behind the fables

Alex Rooney
OPINION EDITOR

It is no mystery that, being on a college campus, the hookup culture is amplified. In fact, according to Science Daily, about 75 percent of university students report being sexually active. With an increase in sexual activity around this time of year, many sexually active students likely think they know a thing or two about what they’re doing in the bedroom.

However, these common sex myths have been floating around for years and have somehow remained believable. Let’s get a few things straight about sex.

1) Condoms take the fun out of sex.

This is a common misconception, because it takes a second to stop the action and take the right precautions, but not having to deal with the anxiety of an unplanned pregnancy or sexually transmitted infection will be worth it in the long run.

In terms of a less pleasurable sensation with a condom, this is also somewhat of a myth. Men’s Health reports that a luckyblow.com survey found that 68 percent of men select the wrong size or shape condom, and, “when they sampled a variety of condoms and found the ideal fit, [both partners’] pleasure skyrocketed.”

2) Oral sex can lead to throat cancer.

This is a bit extreme, and a tad ridiculous, but mostly untrue. Its Your Sex Life, an alternative forum for sex and sexuality questions, explains that while oral sex is not totally risk free, dangerous, or an excuse to pressure someone into having sex.

3) “I’m getting blue balls, I need to have sex.”

While the “blue balls” affliction that men may complain about is not a myth, as it is a painful experience that occurs from a long period of heightened arousal causing excess blood flow to the penis and testicles without relieving stimulation, it is not dangerous, or an excuse to pressure sex.

If either partner is not ready for sex, claiming “blue balls” does not constitute a valid reason to pressure them into it. Cosmopolitan Magazine put it perfectly, stating, “The bottom line is, he can deal with it, whether that means giving himself a helping hand or just waiting it out. The blood will eventually drain, and any discomfort will disappear on its own.”

4) You can’t get pregnant if you have sex on your period.

Ladies and gentlemen, please do not think that this idea is a valid form of birth control! Any time you have sex, there is a risk of pregnancy, and that absolutely includes during your period. Teen sexual health campaign Stay Teen reports that sperm can actually stay alive for several days in the vagina, which means that “even if the last time you had sex was three days ago during your period, you could now be ovulating and therefore you could get pregnant.”

5) If she is on birth control, she wants to have sex/I don’t need to wear a condom.

Women choose to go on birth control for many reasons, and truthfully not all of them are related to sex. Some women choose to begin taking the pill to regulate their hormones and menstrual cycles. Whatever the reason, being on birth control is not an open invitation for sex. Equally, if your partner wishes to use a condom, regardless of other methods of birth control that may be in place, that choice should be respected as well.
Ways to battle mind clutter

Sarah Kellner
Lifestyles Editor

The lights have finally been turned off and you’ve crawled into bed well after midnight, when all of a sudden, the lightbulb in your head turns on. Every conversation and to-do list from the day starts to swarm through turbulent brain waves, and if your mind could be described in colors at this particular moment, it would be considered the grand finale of fireworks on the Fourth of July. Sound familiar? Everyone has experienced the crippling feeling of not being able to shut down the mind at least once in life; for many, this is a nightly battle. This can also be a debilitating situation that happens to us throughout the day, when it feels like your body has not been properly equipped with enough limbs to fulfill the long list of duties. Well, there’s a word for all those zigs and zaggs of conversation and endless tasks buzzing around your brain: mental clutter.

Jayne Morris, author and burnout expert, explains that “in a society that continues to support excessive production of short-lived, disposable items, it is not just our closets that are jam-packed. Exposure to a high speed, media-led world and compulsive multi-tasking at work and home overloads our minds and our environment.” This can leave a person feeling bogged down, drained, exhausted and stressed out. For a student at Pacific, this feeling is not particularly new — especially during midterm weeks, when trying to juggle study groups, essay writing and a part-time job can easily become too much stimulation. Speaking from experience as a student, nights are spent studying then trying to rest once this time of year rolls around — yet envisioning the mental checklist of school tasks never quite decreases. The combination of juggling tasks and mental health ultimately ends with catching some sort of cold or flu. Luckily, the stress the body endures during these mental marathons can be avoided entirely.

To start with, become more efficient and declutter around you. Jayne says that “letting go of clutter on an external level has a direct effect on the internal, and vice versa.” Get rid of unnecessary items around the home and workspace. Are there tons of empty water bottles and snack items around your desk? Throw them away. Old newspapers, paper goods, clothes and even excess furniture should be eliminated from your sphere, so the brain can function in a clearer manner.

RealBuzz, a healthy living website, explains that by letting go of old items, the physical absence as a result of an empty closet clears the mind of thoughts that have cluttered the mind. Empty space is not a bad thing, and by rewiring the mental process to accept this, it will ultimately allow for clarity. When it comes to mind clutter, a simple task is to get organized. By physically seeing what needs to be done for the days or weeks ahead, the brain has time to process and create an action plan. ZenHabits suggests that when you feel overwhelmed with external noise, you must reevaluate what is important. If there is an external factor playing into any unhappiness and discomfort, get rid of it (that includes relationships, whether intimate or professional).

Emotional health is a large factor to feeling overwhelmed with life. Too often we find ourselves multi-tasking, which actually causes less focus and more error-prone results. Instead, single-task: Focus on one subject at a time, then cross it off the to-do list. When heading to bed, make sure to clear your mind; when tasks or ideas pop in your head, mentally will yourself to focus away from them. There will be tomorrow to deal with those ideas; nighttime is meant for resting and refocusing. If you’ve never experienced meditation or yoga, try this: When lying in bed with your mind racing, slide off your pillow and lay flat on your back, with your legs comfortably apart. Close your eyes and take six second-long inhales and exhales. When something pops into your head, focus on the color black. Put all those thoughts in that black spot in your mind, and keep it focused.

It’s challenging to unplug the mind when there are so many external frequencies buzzing around 24/7. However, by focusing on essential elements and eliminating clutter both physically and mentally, a piece of mental harmony can be yours during crunch time.

Raising the price of nature

Nick Brummel
STAFF REPORTER

In a world of growing industrialization, technological dependence and at-home entertainment, it is becoming increasingly important to protect areas of nature and all of the beauty that entails. One method that has been particularly effective throughout the United States is the establishment of national parks. The National Parks Conservation Association explains that Wyoming’s Yellowstone, the first national park, was established in 1872. This was the first of many national parks created through acts of Congress in response to growing concerns regarding deforestation. By 1916, the National Park Service Organic Act was passed to allow a systematic way of regulating national parks, as a way to ensure that parks can exist as “pleasuring ground for the benefit and enjoyment of the people in order to protect for all time this outstanding natural area.” It is clear these parks were originally created so people could find a place of nature and beauty.

However, with regulation and upkeep comes cost. These national parks sought a way of maintaining forests without taxing the entirety of the populace, who may not care to visit these parks. Thus, the government set fees for entrance into these national parks: fees that are set to increase dramatically. In fact, Time Magazine explained on Oct. 21, 2014 that recent legislation proposes over 130 national parks receive fee hikes adding anywhere between 50 percent to 150 percent of the current cost. This proposal is meant to increase revenue for better maintenance of these forests. Although many are concerned this will be inconvenienced for those hoping to visit a nearby national park, there is an equally prevalent concern as to whether or not this will even generate additional revenue.

Intuition tells the reasonable bystander that raising costs should increase revenue. However, the field of economy is more complicated than that. In order to benefit from raising the price of a product or service, it must be true that people would be willing to pay the new price. The likelihood the demand of a good or service will sharply decline as a result of an increased price is referred to by economists as price elasticity. Thus, in measuring whether or not these price hikes will actually generate revenue, it is important to consider the elasticity of the product.

For instance, there seems to be quite a lot of research done on this issue. One particular study regarding a tourist route by British Columbia Ferry Services within Western Canada found that the price of local tourist destinations is more elastic. This means the price is a largely influential aspect in determining the willingness of consumers to purchase the service. More relevantly, entrance into national parks in Pakistan were also found to be elastic. As the price of entry increased, many people were less willing to spend. Yet, a study of tourist destinations within Australia found that international tourists treat such destinations as inelastic.

Increasing the cost of nature may not only be a tragedy for nature lovers, but it might not even work to meet its purpose: to earn additional revenue. In the United States, it already seems to be more difficult each year to get off the couch, look away from Facebook and enjoy the non-digital world. Thus, more action to disincentivize the enjoyment of nature is something that ought to face popular scrutiny.
WOMEN’S VOLLEYBALL

Pacific moves up to third place in WCC

Drew Jones
SPORTS EDITOR

Women’s volleyball hosted their final home games of the regular season, taking on Portland and Gonzaga. The Tigers defeated both teams and improved to 10-5 in conference, moving up to the third place position in the West Coast Conference standings.

For the 15th time this season, Pacific shut out their opponent in three quick sets. Portland was no match for the Tigers, as they looked to take out their aggression from their loss to No. 14 BYU. Also for the second time in the last 13 seasons, they were able to celebrate hitting their 20th win of the season.

Pacific tallied some impressive stats on the evening, including two players tallying double-doubles. Rookie Andie Shelton ‘18 posted a whopping 40 assists and 11 digs, while veteran opposite Kat Schulz ’16 matched 11 digs and threw down a match-high 13 kills.

The Tigers came out firing early on in the first set, taking a commanding lead over the Pilots. At the helm, defensive specialists quickly stretched their lead to nine points with an ace. Near the end of the set, Portland attempted to make a comeback. But Pacific already had it in the bag, closing out the first set 25-11 on a kill from Shelton.

A tug-of-war erupted in the second set as the Pilots began matching point-for-point. Portland took a four-point lead, stunning the Tigers. Nevertheless, they went on a 6-0 run with libero Katrin Götterba ’18 holding the serve for Pacific. Back and forth the ball went on the court, and it became a matter of who would blink first. Ultimately the Tigers had the last word, running away with the second set, 25-22.

In the third and final set, Setter Andie Shelton ‘18 gets the ball ready for an attack on the Bulldogs.

MEN’S WATER POLO

No. 7 Tigers prep for MPSF tournament

Drew Jones
SPORTS EDITOR

No. 7 men’s water polo closed out regular season play with a victory over No. 9 Pepperdine. With an 11-7 win, the Tigers can go into the Mountain Pacific Sports Federation Tournaments a little more relaxed.

Pacific will take on No. 9 UCSB at Long Beach for the “play-in” game for the No. 8 seed in conference. They have faced off against the Gauchos a total of three times this season and have taken two of the three contests. The last two matchups were won by just one goal, including a venture into overtime on one occasion.

If the Tigers advance, they will face No. 1 UCLA. In their two battles in the pool, the Bruins have been victorious in both and are likely confident going into the conference tournament.

Despite remaining above .500, overall, Pacific only won two games in conference this season. As expected, the Tigers fell to teams ranked noticeably higher than them in the NCAA polls.

Nevertheless, they look to go against the odds and bring down the No. 1 team as they did last season at home against USC. Pacific hosted the conference tournament as well last season, drawing a lot of support from the myriad of fans who attended. It will be interesting to see how they will fair with a smaller amount of support at Ken Lindgren Aquatics Center at Long Beach State.

Attackers Ben Stevenson ’17, Kristian Laczkovics ’16 and Devon Thumwood ’18 have been instrumental in Pacific’s successes this season. Stevenson led the Tigers with 53 goals this season. Laczkovics trailed closely behind with 40 goals, and Thumwood rounds out the leader board with 28 goals, including three in the matchup against Pepperdine.

Goalkeepers Chris Hughes ’15 and Brady Moore ’16 tallied a total of 250 saves together. Moore recorded 175 saves, including an incredible career-high 21 in the overtime feat against UCSB.

Pacific goes into the MPSF Tournament hungry for a second straight NCAA appearance.
CLUB SPORTS PROFILE

Still looking to be competitive in tennis?
The Pacifican spotlights the club tennis team

Jodi Tai
NEWS EDITOR

Game. Set. Match.

For those tennis players that aren’t interested in playing Division I but want to compete for more than just recreation, club tennis is the perfect alternative.

The club currently has 15 active members of the team. Eight have attended sectionals.

The play format of the club’s competitions is World Team Tennis, a co-ed team with a minimum of two men and two women. There are men’s and women’s singles, doubles and mixed doubles.

Tennis club president Peter Zhao ’15 shared: “This is a good place to go. When I came as a freshman, it was very easy for me to join up and meet at practices. I think we’ve been changing and developing as a club and making it run more efficiently and smoothly. I’ve been talking to a lot of established clubs: Berkeley, Davis; I’ve been talking to their captains to get ideas of how to continue growing.”

All tennis clubs across the country are run by the United States Tennis Association. A college program called Tennis on Campus organizes section coordinators to contact schools in order to host tournaments. “For example,” explained Zhao, “At Berkeley there would be different schools: UOP, St. Mary’s, Davis, Sac State and more. We have a lot of schools from the area to compete. It’s a day-long tournament.”

This past year, the club has already won the spring “small college championship,” which was delayed from last year. Small colleges, such as private schools, attend. After defending the championship title for two years, Zhao expressed his excitement in competing at the next spring championship.

Besides the competitive aspects of club tennis, Zhao shared the benefits of the team’s camaraderie. “For me, it was a really good way to continue playing tennis, being competitive and playing with the team. We go out, travel and have fun.”

The season is done for now, but be on the lookout for new events next semester. For more information on the Tennis Club, contact Peter Zhao at p_zhao@u.pacific.edu.
The Tigers hit the road for the last time in regular season play, taking on Pepperdine, LMU and San Francisco.

Pacific shut out Pepperdine in their last appearance against them back in September. The Waves are currently 6-9 in conference and reside in seventh place. The Tigers defeated the previously nationally ranked Lions from LMU in a heated five-set battle. LMU is currently residing in second place in WCC, just above Pacific. And lastly, San Francisco is sitting comfortably in second to last place in WCC. They may have an easy road against Pepperdine and San Francisco, but LMU will be the team to beat for the Tigers.

In the third, and final, set Pacific took an early three-point lead and never looked back. Even with many great attempts to comeback from the Pilots, the Tigers squashed the opportunity and closed out the game, 25-20.

Did you know?

Men’s soccer competed in their final games of the season this past weekend.

The Tigers hosted San Francisco and Saint Mary’s, capping their first season back on campus.

Forward Erin Butler ’15 led the Tigers in their first regular season game on Friday against Cal State Stanislaus. She scored a career-high 20 points and nine rebounds, including five three-pointers. Butler also posted 11 points and seven rebounds in Sunday’s game against Cal. (Photo c/o Edna Rush)

For more information, check out the official Pacific Athletics website at pacifictigers.com.
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