



SPORTS/11

VOLLEYBALL

Men's club volleyball gets off to great season start with win

LIFESTYLES/8

SEX COLUMN

Five healthy benefits of having regular sex.



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THURSDAY, NOVEMBER 5, 2015

Pacific celebrates Halloween with annual Safe Trick-or-Treat

Tyler Livy
CONTRIBUTING REPORTER

This past Wednesday, you may have noticed a deluge of costumed children and their parents wandering between various residence halls and other campus hot spots in search of sugary goods between the hours of 4-7 p.m.

Occurring annually the Wednesday before Halloween, "Safe Trick-or-Treat" is a curious phenomenon in which different organizations throughout campus endeavor to provide a delightful Halloween experience for the youth of Stockton and surrounding areas.

For hall governments, this is the most taxing and rewarding event of the semester.

The process begins at least a month in advance when they decide the theme for this year. One hall, Grace Covell, decided upon a Star Wars theme; the general trend seemed to be anything and everything Disney-related.

The next step is securing funding for decorations, costumes, candy and any other amenity required. For this, hall governments request funding from the Residence Hall Association, or RHA; suffice to say, Grace received the funds it needed.

On the Monday and Tuesday before Safe Trick-or-Treat, members of Grace's hall government spent four hours shopping for supplies and spent at least five decorating the Banquet Hall by painting planets.

They can tell you how



All Photos C/o Edna Rush

incredibly draining it is to paint a Death Star.

Then the fateful day arrived. Three members of Grace's hall government met at 8 a.m. to do some last-minute costume shopping, which lasted until 11 a.m.

Then, after a one-hour break, they made the finishing touches to the set-up. At 4 p.m., the sugar searchers arrived.

One member received the privilege of depicting Darth Vader in a mock battle against a generic Jedi, while other members handed out candy or helped facilitate picture-taking with Chewbacca.

TRICK OR TREAT
CONTINUED ON PAGE 2

National School Psychology Awareness Week 2015: Connect the Dots and Thrive!

Ashley Yum
STAFF REPORTER

Psychology may not be the most popular field students choose to dedicate their time to. Regardless, psychologists play an important part in many people's lives, aiding others in maintaining their mental health.

With respect to the importance psychology has, Nov. 9 through Nov. 13 has been dubbed National School Psychology Awareness Week. This year's theme is "Connect the Dots and Thrive."

As the National Association of School Psychologists explains on its website, "We all have potential for greatness... [but] sometimes we are just blinded to the possibilities. In those times, we need to know how to connect the dots."

Students may be bogged down by familial or special circumstances. They are often unaware of what they can do, causing them to withdraw from society. Their parents may not understand them, and they themselves may be wary of school administrators.

When that happens, psychologists become the bridge to help them connect the dots. Although counseling may appear to be all they do, psychologists

actually have myriad responsibilities.

From listening to troubles to gauging what can be done, psychologists act as the link between students, teachers and family, providing as many resources as possible to facilitate a smooth life at school and at home.

They are invested in their duty to guide others, creating a safe environment in which they can offer aid on a personalized level.

Here at Pacific, we also acknowledge the unique role that psychologists play in student life. If you need counseling, consider talking to a psychologist from our school's Counseling and Psychological Services, located in the Cowell Wellness Center.

Whether it is emotional or social troubles, they'll be able to give advice. Walk-ins or scheduled appointments are both allowed, and they're open from Monday through Friday from 8 a.m. - 6 p.m.

Also, our very own Pacific School Psychology Association is holding a fundraiser to help support NASP's charity, the Children's Fund. If you would like to contribute, purchase a drink from Lolicup on Nov. 9, 2015.

It will be a flyer fundraiser, so remember to pick up a flyer from the lobby of the Benerd School of Education.



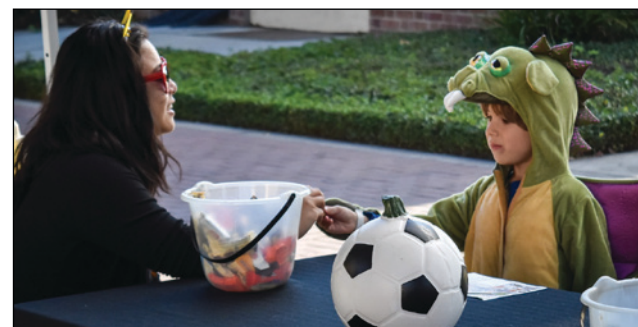
Safe Trick-or-Treat at Pacific (Continued)

TRICK OR TREAT
CONTINUED FROM PAGE 1

The kids also had the option of choosing to receive their candy from the light or dark side.

At first, the trick or treaters came in trickles, and then a flood. The clearly exhausted lightsaber combatants were often switched out to hand out candy or take photos.

At the end of the event, they were all drained and battered, but it was irrelevant: The smiles, the laughter and the hugs that had been received were far more important. Such efforts make Safe Trick-or-Treat a joyful experience for all.



Photos c/o Edna Rush

PUBLIC SAFETY RIDE-ALONG

The Pacifican gets first hand look at Halloween patrol

Ash Randhawa
NEWS EDITOR

Campus security. Public Safety. The local police force dedicated to making the campus a safer place and saving intrepid college students from any outside force or themselves. In their heroic quest to defend the lowliest of the student body, campus security tirelessly patrols the grounds of our University, rain or shine, day or night.

Yet, despite such lofty ideals, many students do not know what goes on during these officers' nightly patrols. Some do, mostly because they were caught doing something they weren't supposed to be doing.

To find out what happens on one of these nights, I chose to ride along with an officer. And I chose Halloween night to do so, a night full of goblins, ghouls and inebriated college students looking for the next party. Also, I thought Halloween was when all the craziest stuff went down.

I was set to ride along with the officer from midnight until 2-3 a.m., so it was technically Halloween night when this all happened. I was to meet the officer at the Department of Public Safety, next to the Wellness Center.

The first thing I learned that

night was that the University has cameras set up pretty much everywhere they could possibly be set up, including in some of the buildings.

And there's always someone watching the feed. Big Brother (or Big Tiger) is always watching.

After watching an officer scroll through various video feeds for about 10 minutes, I met Officer Park, the officer I would be riding along with. Lucky for us, a call had just come in: a noise complaint for a party getting too rowdy.

Officer Park explained the basic process of a nightly patrol on our way to the site of the complaint. Officers work 10-hour shifts, and the patrols basically consisted of them driving around the campus looking for something suspicious or answering calls. The calls were usually innocuous.

We arrived at the site of the noise complaint. Officer Park went to get the owners of the house as I wondered if I was going to see a party get shut down. Two very confused looking students came out of the house and explained the situation. Another officer arrived to assist Officer Park as they attempted to gain more information. Meanwhile, I stood by the police van observing an incredibly drunk student caress a cat he had for

some reason. Whether it was a stray or his pet I couldn't tell you. So far this night wasn't too crazy.

Officer Park returned to the van and explained the confusion. The noise complaint was actually for across the street. Across the street was the back of the Chem Building. I don't think people party behind the Chem Building, but you never know.

He suspected that a group of students from the party at the house we were just at probably congregated behind the Chem Building while looking for the next party and someone called it in. Guess I would be seeing detective work during this night as well. We resumed our patrol.

I took that opportunity to ask Officer Park about the kinds of things he's seen on patrol.

"Normal stuff. Noise complaints. Drunk students coming back from parties. We don't really do anything about the students unless they're passed out or can barely walk home by themselves. In those cases we'd just call a medical transport."

He then went on to mention that he has seen people passed out in gutters and the one time someone was streaking down the street because he was playing truth or dare.

After passing the drunk

guy with the cat again he pulled over a driver who was driving without their lights on. Once he turned the police lights on I couldn't help but play the "Cops" theme song in my head. The driver was let off with a warning. Then we pulled over another driver who was driving without their lights on — apparently that's a common occurrence.

The rest of the night was just patrolling and answering noise complaints. I was struck by how amicable the officers were with students. The stereotype of the belligerent college student not wanting to talk to the buzzkill cop didn't hold true here. Officer Park and the others would just have a nice conversation with the students after telling them to keep the party down.

Officer Park told me that they, as cops, wanted to get rid of this negative image people have of them as buzzkills or corrupt or racists. Unfortunately, this image has surged a bit due to the recent bouts of police brutality in places like Ferguson, Mo.

"Yeah, some cops are bad. But most of us are just doing our job. We're doing this because we want to make this place better. There's always going to be people who think you're bad, but we try to build a rapport with students so we can show them a positive

image," he explained.

I dwelled on that as we passed all the parties and groups of people. In between seeing the 10th sorority sister dressed a cat and the horde of zombie-like drunk college students pretending to be sober around the cops, I thought about how the cops really are just doing their jobs.

They keep us as students safe and at most they tell us to turn our music down. If we don't mess with them they won't mess with us. There's a degree of respect shared between student and officer that some seem to forget. They go out of their way to help us out. As if to punctuate this point, Officer Park gave two college students a ride from McCaffrey to the Townies since it was past 2 a.m. and Stripes had stopped taking calls.

Sure, it wasn't the craziest night — Officer Park told me most nights aren't — but it was still illuminating. Public Safety has a job, and they do that job well. This ride along was a glimpse into their daily routine and their beliefs on how they treat students. Instead of seeing arguments or doors getting kicked in, I saw conversations and warnings, as it should be. It's a trusting relationship between student and officer.

RSO Workshop focuses on inclusivity

Nanxi Tang
LIFESTYLES EDITOR

On Nov. 2, Danny Nuss '02, director for the Services for Students with Disabilities, and Rahasaan Ellison, assistant director for the SSD, hosted the fourth Registered Student Organization Workshop.

The workshop focused on inclusivity, like how to follow the Americans with Disabilities Act regulations and be ADA-friendly when planning events on Pacific's campus.

"Every event [on campus] should be accessible, inclusive and positively memorable for the right reasons," explained Ellison.

Nuss stressed that not only should Registered Student Organizations accommodate those with disabilities for legal reasons, but also because it's the respectful and right thing to do. Some great questions to ask and to consider when planning

an event include: Is there a need to accommodate? Is the meeting or event site accessible? What possible modifications need to be made at the site? Are materials and the presentation available in alternate formats? Will anyone need transportation from site to site?

"These are items we need to be considering every time we host an event," told Ellison.

A workshop full of case studies was provided, with the instructions to read each case study, ask questions about accessibility and assess how the campus could work to improve each scenario.

One scenario dealt with accommodation requests made for events. In the case study, one person asked for materials in electronic format, while the other one indicated that she would like all handouts in 16-point font.

"When your club or organization signs up, we need all materials three days

before the event. We can help you convert them into whatever form you need them in to accommodate for disabilities at your event," suggested Nuss as a solution.

The last case study involved a field trip where funding was limited and there was only enough money to pay for a traditional school bus. On the day of the field trip, a student shows up with a dog. In this case, the only two federal animals that qualify under "service dog" are either a miniature horse or an actual dog.

"The two questions you can ask are: Is this a service dog because you have a disability? And what specific task is this dog trained to do?" explained Ellison.

There is a difference between a disability service dog and an emotional service dog. An emotional service animal is to provide emotional support only and does not accompany the person on day-to-day service.

The traditional school bus has the problem of not being accommodating to persons in wheelchairs and those who might have trouble entering the vehicle.

Asking if the bus is ADA approved can help prevent this problem. This responsibility is on the planner and related staff for ensuring that arrangements are made to accommodate participants and make sure an event is ADA approved.

"You're part of the Pacific team, and you're all accountable. If you do all the things we talked about here and reach out, that's a great way to try to be inclusive," concluded Nuss.

The office of SSD is always available to support Pacific students and events with resources and advice; they are located on the first floor of the McCaffrey Center, room 116. If you need to reach the office of Services for Students with Disabilities, their phone number is (209) 946-3221.

Public Safety



Weekly Report
Feb. 9 - Feb. 15

Theft

Off Campus 02.09.14

A victim reported that her phone was stolen while she was attending an off-campus party. She activated "Find My Phone," which located the phone in Manteca. A friend of the victim knew some of the party attendees who were from Manteca and called them. The phone was returned the next day.

Arrest

700 Block of W. Bianchi 02.09.14

Officers received a call from the Cottage Apartments regarding a transient who jumped the secured parking lot and was going through the dumpsters. While police was on their way, the caller reported that the subject left the area on a bicycle. Officers stopped the subject a short distance away and found him in possession of stolen property from two previous burglaries as well as drugs and drug paraphernalia. He also had an outstanding warrant and a parole hold. The subject was booked.

Suspicious Incident

Atchley Walkway 02.10.14

Officers received a report of a suspicious subject asking students for their personal information by offering them a position in their company. He refused to give students the name of the company or to provide any identification. This occurred several hours earlier.

Embezzlement

Public Safety 02.10.14

Two members of a sorority came to Public Safety to report missing funds. A report was filed.

Harassment

Public Safety 02.12.14

Officers made contact with a female who reported that she was being contacted by a subject on campus. The subject has been bothering her for a few months now, so officers are following up on the matter.

Auto Burglary

Off Campus 02.13.14

A victim reported that someone forced the lock on their truck while it was parked at Buffalo Wild Wings. The thief took a backpack that contained the victim's books, wallet and camera.

Pacific funding for sustainable investments

Pacific's Sustainability Project Investment Fund seeks to invest in green, eco-friendly and sustainable projects suggested by student and faculty.



Ash Randhawa
NEWS EDITOR

Ever had an idea that could help make Pacific more green but didn't know how to make that idea a reality?

Ever had a plan to save the environment but lacked the funds to make it happen? Well, the University wants to make those things a reality.

Established in 2012, the Sustainable Projects Investment Fund is an initiative by the university to help fund and put into action various plans and ideas students and faculty may have to help create green and sustainable projects on campus.

Since it was established, SPIF has funded projects to replace old light fixtures with new LED fixtures, add bikes that students can rent from the Baun Fitness Center,

and placing additional recycling bins across campus.

Two ideas currently proposed include adding water bottle refill stations in the WPC and a plan to turn old banners into reusable tote bags that will be sold at sporting events on campus.

SPIF has made \$150,000 available to invest in various different projects. Applications are being accepted through January 29th, at 5 PM.

Students and faculty across all three campuses are encouraged to submit an application for a potential sustainable project. Applications can be found on the university's website.

Any additional questions can be handled by the sustainability coordinator, Kendra Bruno.

Pacific Media Relations

The Robb Garden on campus is part of Pacific's sustainability program.

OPINION

Should Texas university's office peepholes quell fear?

Zach Withrow
SPORTS EDITOR

In light of the many mass shootings that have been occurring on college campuses across the country recently, faculty at Midwestern State University in Wichita Falls, Texas have decided to take action.

As reported in *The Wichitan*, the university's official student-run newspaper, a faculty senate meeting determined \$10,000 would be allocated toward installing peepholes in the office doors of staff members at the school.

The peepholes are meant to allow faculty to identify any visitors to their offices, all while keeping their doors closed and locked. The *Wichitan* reported that the installations were optional, though 269 personnel ended up choosing to add peepholes to their doors. The installations began on Oct. 28.

The motivation for adding peepholes to the doors of professors and other workers at the school is clear: They are looking to avoid becoming victims of another campus rampage by a disgruntled and probably mentally unstable student.



Getty Images

Midwestern State University is installing peepholes in faculty's office doors to answer safety concerns in light of recent school shootings. Is this the right precaution to take?

Adding peepholes sounds like a nice idea for staff members to protect themselves, right?

Certainly the professors who opted to get peepholes have accomplished their goals: They now feel safer in

their work environments.

While the staff members may feel safer, when you think about it, are they really changing anything at all when it comes to safety? If a student were to wake up on the crazy side of the bed

one morning and decide that he or she wanted to shoot a professor (or any student for that matter), would he or she really walk up to the professor's door with a gun in clear view? There would be no way for a professor to tell if a student was carrying a concealed weapon or not by looking through a peephole.

This is putting aside the fact that many school shootings have occurred in classrooms, or out in the open on campuses.

Don't get me wrong, I don't fault the staff at Midwestern State for trying to do something about this fear. I just think they should be spending their resources on something more likely to minimize the threat of campus shootings. So what can we do?

There is the "campus carry" option, as has been passed in Texas. Senate Bill 11 goes into effect next year, and it allows people with licenses to carry concealed handguns in some buildings on college campuses. As I am a supporter of the right to carry a

PEEPHOLES
CONTINUED ON PAGE 5

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LOOKING TO BUILD YOUR RESUME?

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and e-mail address.

What can Pacific do to help prevent campus shootings?



On Oct. 17, Gov. Jerry Brown of California signed into law Senate Bill 707, the most stringent ban on campus concealed carry in the nation. **USA Carry**

PEEPHOLES
CONTINUED FROM PAGE 6

concealed weapon, this idea does initially sound appealing, as I would like to have the ability to protect myself in as many places as possible.

Note that those few people who do have licenses to carry only attained them after going through an application process that includes background checks and training.

However, as critics of the new law have noted, allowing guns in the classroom is a concern in terms of how willing people would be to express their controversial opinions in class. I know I wouldn't feel comfortable entering a heated debate over abortion when my counterpart may be packing heat.

Free speech concerns aside, there is basically zero chance of a law such as Texas's Senate Bill 11 being passed in California. So again I ask, what can be done? Personally, I think the only things that can be done are some of the things that are already being enacted on some level here at Pacific.

Firstly, schools should have armed and trained security in every major building on campus. Pacific already has an outstanding force of Public Safety officials with full police powers, and they have great

response times to incidents.

However, having an officer assigned to every major building would be a bigger deterrent to a potential shooter and would minimize any damage a shooter could inflict. Pacific may not currently staff enough officers to fulfill this goal, but it is something I think would be worth the additional costs.

Additionally, campuses should encourage students who are mentally unhealthy to get help through school-funded programs. Again, Pacific does well in this regard with the Pacific Wellness program.

The program reaches out to students in an effort to help them emotionally, environmentally, financially, intellectually, occupationally, physically, socially and spiritually.

Too many of these mass shootings have come from students who were motivated by social frustration or mental sickness. More schools should invest more heavily in programs such as these.

In reality, though, there is no way to completely prevent every deranged person who wishes to inflict harm on innocent people from doing so. Obviously, my suggestions aren't foolproof. But they do make me feel a whole lot better than any peephole would.

Victims of severe side effects call for removal of HPV vaccine

Nanxi Tang
LIFESTYLES EDITOR

In late October, Freda Birrell, a representative of the UK Association of HPV Vaccine Injured Daughters, called for the Scottish government to stop the administration of the Cervarix human papillomavirus (HPV) vaccine to girls until after a thorough discussion and investigation into the safety of the vaccine.

About a week later on Monday, Nov. 2, news broke of a story about a mother who claims that her daughter has suffered severe side effects as a result of being administered the Gardasil HPV vaccine and is now seeking to halt the Gardasil vaccine's continued availability in her country, Ireland.

The mother, Fiona Kirby, is a nurse and part of a parents' support group, REGRET (Reaction and Effects of Gardasil Resulting in Extreme Trauma), that alleges about 100 girls have experienced horrendous side effects as a result of this vaccine.

With all these allegations and accusations about the potentially dangerous and life-altering side effects, should girls and boys still be receiving the HPV vaccine, or should the administration of the HPV vaccine be stalled until further investigation can be done?

First, it is important to understand what a vaccine is and how it works. "Vaccines are generally inactivated or weakened versions of

microbes that are introduced into the human body. These compounds trick the body into thinking that it's a real infection.

In response to this injection, the adaptive immune response, which consists of the humoral and cell-mediated branches of the immune system, produce cells and molecules that can be used later if you encounter the actually live version of the microbe that causes a particular disease," explained Professor Craig Vierra, who holds a doctorate in biochemistry and serves as the chair of biological sciences at University of the Pacific.

The HPV vaccine in particular helps protect against cervical cancer; Gardasil's three-dose vaccination protects against strains that compose 90 percent of HPV-related cancers.

The HPV infection is also common with about 9 in every 10 people getting infected at some point in their lives.

In the United States, the HPV vaccine was first licensed in 2006 and initially only recommended for girls. However, in 2011, the Centers for Disease Control and Prevention started recommending the HPV vaccination for boys as well.

Potential life-threatening side effects include severe stomach pain, swollen glands, chest pain, shortness of breath and fever, among others.

Although the vaccine does have potentially dangerous

side effects, these side effects are statistically rare, and CDC studies have concluded that all HPV vaccines are not only safe and effective but also recommended.

In these two extreme cases, even if the vaccine did cause and contribute to these traumatic side effects, this anti-vaccine approach and attempt to remove the vaccine off the market are misguided.

Vaccines are not only about protecting individuals against a certain virus but also about protecting the elderly, babies, people with cancer or autoimmune diseases or anyone else that is most likely to be harmed by the disease or cannot get a vaccine.

"Once most people in a population are vaccinated, it creates what is called a herd immunity. Herd immunity is where individuals in a population who have not been vaccinated are protected because the majority of individuals that have been vaccinated do not allow for the microbe to replicate itself," told Vierra.

By arguing against general vaccination and refusing to vaccinate their own children, anti-vaccination advocates are undoing the hard work toward eradicating these diseases.

"Vaccines are very helpful in protecting the human population from dangerous diseases. Vaccines, simply put, save lives. There is a tremendous amount of data and information that clearly demonstrates this concept," concluded Vierra.



Police boycott won't affect Tarantino's popularity

Cecilia Tribuzio
STAFF WRITER

The issue of police brutality has been a hot topic in the past year, with big names attaching themselves to the issue. Quentin Tarantino and the Director of the FBI, James Comey, have been pushing the buttons of police officers and critics alike recently.

The Los Angeles Times reported Quentin Tarantino's involvement in New York City's rally against police brutality in the last week of October. Tarantino referred to police officers as "murderers" when he spoke at the rally.

This specific dialogue used by the famous film director triggered a boycott against his films by the NYPD, shortly followed by a boycott from the LAPD. Los Angeles

Police Protective League President Craig Lally said that Tarantino's "rhetoric" paints a bigger target on police officers' backs than there already was.

Tarantino retorted that he is "a human being with a conscience" who will speak his mind on what he thinks is right or wrong. Of course, the real question is whether or not the boycott will have an impact on the Christmas Day release of Tarantino's latest film, "The Hateful Eight."

As a Tarantino fan, I would say that it won't have a drastic enough impact on the earnings of the film. Tarantino films already draw a specific audience. There is also plenty of time between now and the film premiere for the boycott and issue with Tarantino's words to blow over.

Tarantino is ultimately popular amongst college students, which means that the boycott happening now will most likely not affect their attendance to his latest film. Based on my experience, I believe it also won't stop them from rewatching any of his other films.

A director in a different sense, James Comey has also been stirring the pot with critics. The Boston Globe reported that Comey has been calling into question the effect of YouTube and circulating cellphone videos on an officer's will to act in any given situation. He then fueled the fire by stating that "an outbreak of constitutionally protected community scrutiny" has accelerated a crime wave.



Quentin Tarantino, a popular director among college students, participated in a rally against police brutality in late October. Fox News

Both Tarantino and Comey's involvement and responses to the issue of police brutality in America show that everyone's nerves are fraying. More people are becoming involved and the issue is not resolving itself.

We can only hope that the increasing involvement, no matter in what way, will shed more light on the situation and lead to greater results for the public.

COME WATCH THE FELLAS

2015-2016
MEN'S BASKETBALL
HOME SCHEDULE

NOVEMBER			JANUARY				
SAT	7	CARROLL COLLEGE	7:30 PM	SAT	2	BYU	3:00 PM
TUE	17	CAL STATE FULLERTON	7:00 PM	SAT	16	BETHESDA UNIVERSITY	6:00 PM
SAT	21	NEVADA	7:00 PM	THUR	21	PORTLAND	7:00 PM
MON	23	NOTRE DAME DE NAMUR	7:00 PM	SAT	23	GONZAGA	1:00 PM
				SAT	30	SAINT MARY'S	8:00 PM
DECEMBER			FEBRUARY				
FRI	4	UC IRVINE	7:00 PM	THUR	11	LMU	7:00 PM
MON	21	SANTA CLARA	7:00 PM	SAT	13	PEPPERDINE	7:00 PM
THUR	31	SAN DIEGO	6:00 PM	THUR	25	SAN FRANCISCO	7:00 PM

LIFESTYLES

ORGANIZATION SPOTLIGHT

Phi Delta Chi: *future leaders in pharmacy*

Lanni Lam
CONTRIBUTING REPORTER

The 2014-15 academic year was memorable for the Alpha Psi chapter of Phi Delta Chi, a professional pharmacy fraternity whose sight is set on the continual development of future leaders in pharmacy.

Phi Delta Chi was founded at Pacific in 1956 and has continued its legacy of promoting scholastic, professional and social growth among brothers. Within the Pacific community, brothers are actively involved, holding positions such as organizational officers, committee co-chairs, student advisors and teaching assistants.

Mitchell Kozono '16, '19, a member since 2013, states, "Because of Phi Delta Chi, I have been able to experience so many aspects of Pacific and really see all that our University has to offer, allowing me to fully maximize my years here and every opportunity that comes my way."

This year, Phi Delta Chi's biennial fraternal conference, known as Grand Council, was held in Albuquerque, N.M., with the presence of 94 alumni and collegiate chapters from across the nation.

The Alpha Psi chapter made its legacy by receiving the Emory W. Thurston Grand President's Cup, along with several other awards.

The Thurston Cup is the highest honor any chapter can receive and is awarded to the chapter with the highest overall achievements in categories such as brotherhood, leadership and scholastics.

This year, Alpha Psi placed first in Professional Projects, second in Scholarship, third in Chapter Publication, fourth in Leadership and eighth in Brotherhood.

Alpha Psi's Worthy Chief Counselor (president), Logan Brodnansky '14, '17 spoke of the conference saying, "Grand Council was an incredible experience. We were able to further develop our leadership and professional skills while helping other chapters improve as well. Having so many of our members take part in this milestone by attending the conference made all of our hard work over the years pay off."

For the Professional Projects award, Alpha Psi hosts the annual Color for Cures Run at University of the Pacific, has two major health fairs per year, participates in Relay for Life and hosts the St. Jude's Letter Writing Campaign.

The Alpha Psi chapter earned its placing for the scholarship award based on the programs it has installed to promote scholastic improvement and achievement. Some of these programs include weekly study groups in the



Photos c/o Phi Delta Chi

library to encourage Brothers to study together, resume writing workshops and mock interviews to help prepare the brothers for pharmacy school admission interviews.

The Chapter Publication category refers to an annual report that summarizes the chapter's history and progress and also contains all of the officers' reports and thematic reports. These reports can include but are not limited to professional and service projects, alumni outreach, rush events, social events and philanthropy, to name a few.

In 2014-15, Alpha Psi made its chapter publication in the form of a cookbook; each report was written in the style of a recipe, which included the key ingredients that made up Alpha Psi.

For the Leadership category, the Alpha Psi chapter held an undergraduate panel, among other events. At this event, undergraduate brothers were able to ask graduate brothers about the many leadership roles they held during their years of undergraduate studies.

The graduate brothers also shared the leadership opportunities available and how their undergraduate experiences allowed them to earn the leadership positions they hold now in pharmacy school.

The Brotherhood award is given based on the chapter's programs and events that encourage brotherhood. This involved things such as creating the mentor and mentee program and having weekly hangouts or barbecues where all of the brothers can bond. Brotherhood is not only promoted within the Alpha Psi chapter but also with other chapters at retreats in Yosemite and Lake Tahoe.

The cumulative efforts of the Alpha Psi chapter and their accomplishments in these categories led them to become the top chapter of Phi Delta Chi in the nation.

The prestigious Emory W. Thurston Grand President's Cup award reflects the chapter's continuous dedication to serving the community and instilling leadership in its Brothers for the future of pharmacy.

Upcoming Events

Thursday, 11/5

Inkquisitive Colourformia Tour
8 A.M. AT THE MCCAFFREY CENTER

Canvas Camps

9 A.M. AT THE WILLIAM KNOX HOLT MEMORIAL LIBRARY, CLASSROOM 2

Exhibit: "A Rub with Death:

The Leppelmeier Collection"
9 A.M. AT THE REYNOLDS ART GALLERY

2015 Benefits Fair

11 A.M. AT THE UC BALLROOM

Tea with the Women's Resource Center

12 P.M. AT THE WOMEN'S RESOURCE CENTER

Data and Metadata: Building a

Theater Database
4:15 P.M. AT WPC 140

Etiquette Dinner

5 P.M. AT THE GRACE COVELL HALL, DINING HALL

Let's Make Samosas

6 P.M. AT THE TOWERVIEW APARTMENTS (CO-OP)

Friday, 11/6

Diversity Leadership Team

Open Forum
8 A.M. AT THE UC BALLROOM

Large Group: Pacific Christian

Fellowship
5 P.M. AT GRACE COVELL HALL, TIGER LOUNGE

Saturday, 11/7

Redemption: The No Kill

Revolution in America
12 P.M. AT THE JANET LEIGH THEATRE

Sunday, 11/8

Celebration of life for Ron

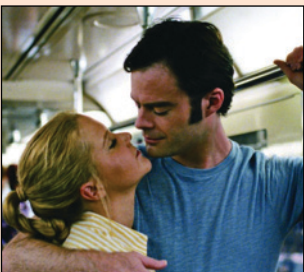
Pecchenino
11 A.M. AT RAYMOND GREAT HALL

Movies This Week

Thursday, 11/5

Friday, 11/6

"Trainwreck"



Amy Schumer crashes into Janet Leigh in “Trainwreck”



Universal Studios

Sarah Yung
COPY EDITOR

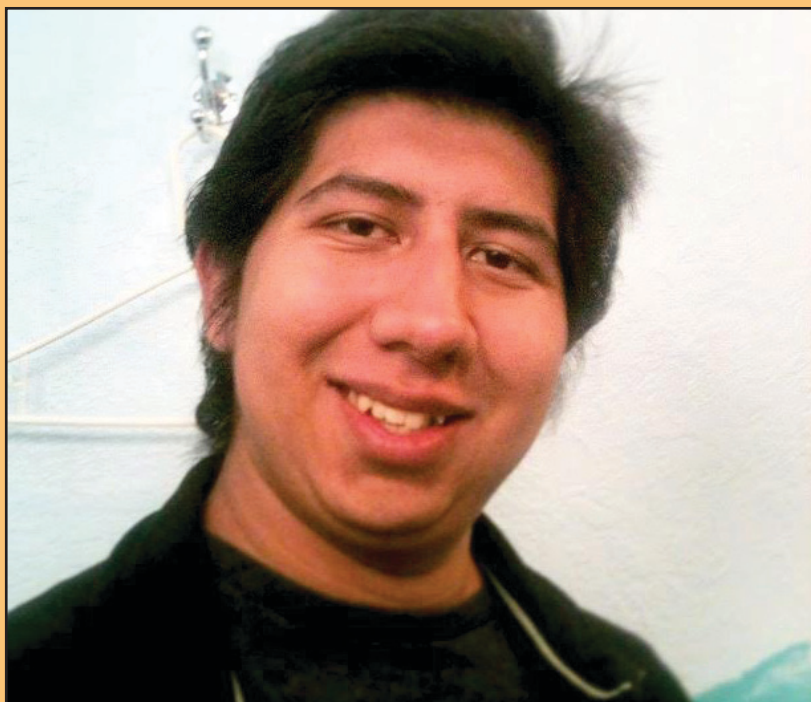
Who’s ready for a snappy romantic comedy helmed by some dependably hilarious names? Coming in hot right on the heels of a Halloween fright fest, “Trainwreck” is crashing into the Janet Leigh Theatre this Thursday and Friday, Nov. 5-6 at 8 p.m.

When Amy (Schumer) and her sister Kim (Brie Larson) were young, their father Gordon Townsend (Colin

Quinn), in the midst of divorcing their mother, tried to convince them that monogamy was an unrealistic pursuit.

Ever since then, men’s magazine writer Amy (Schumer) has been living a romantic commitment-free life, having taken her father’s words to heart — although her sister Kim doesn’t feel quite the same, as she is married with a stepson and now has

TRAINWRECK
CONTINUED ON PAGE 9



Congratulations to Andrew Rocha, our October Reporter of the Month! Thank you for all your hard work and dedication!

SEX & HEALTH COLUMN

The many health benefits of getting busy between the sheets

Brandon Bell
WEBSITE ADMINISTRATOR

Much like eating healthy and exercising, there are many benefits from having sex on a regular basis. While myths about how sex is bad pervade society, the medical community agrees sex is a healthy activity when proper precautions are taken.

We can all agree that playing sports can be dangerous if you ignore precautions, right? Well, the same can be said about sex.

Even though sex is good for you, ensure your safety (and the safety of your partner) by using birth control and getting tested for STIs on a regular basis.

The benefits of regular sex are diverse, but a few of them include the following.

1) **Having sex helps your immune system.** As we all know, winter is coming, and with it comes the common cold as well as other illnesses that cause students to miss classes — which is super stress-inducing, when midterms seem to always be right around the corner.

But fear not, all you sexually active students: Researchers at Wilkes University in Wilkes-Barre, Pa. discovered that college students who had sex once or twice a week had higher levels of a certain antibody compared to students who had sex less often. That’s right, sex might help prevent illness.

2) **Sex is exercise.** Most scientists agree that sex is a great way to exercise, since you burn about four calories a minute. It also counts as both cardio and muscle toning.

Sex causes your heart rate to go up,

so your heart gets a nice workout, just like when you ride a bike. Depending on what positions you’re doing, you also can work on different muscle groups.

3) **Sex can be a natural pain reliever.** The next time you’re feeling sore or your head is hurting, try popping in bed instead of popping a few aspirin. For ladies, orgasms have even been found to help with menstrual cramps.

Researchers believe that sex is great at stopping pain because after you orgasm, your brain releases chemicals, such as endorphins, that raise your pain tolerance levels and make you happier.

4) **Sex is a natural sleep aide.** Every college student has experienced those nights: lying in bed trying to fall asleep, but failing because of next-day anxieties. Well, it turns out sex might be the solution.

Studies show that having sex before going to bed helps many people have faster and more restful sleep — all without the groggy side effects of most medications.

5) **Sex helps lower stress levels.** If there is one thing all college students know — no matter their major — it’s stress. But sex can help with that, too.

Having sex helps reduce your levels of stress, which clearly has a myriad of health benefits. Sex also helps you fight stress by making you happier with the release of oxytocin, the “feel good” chemical.

So whatever your reasons may be, consider making time to have sex for your health. Just remember to use protection, be safe and have consent.



Patheos

Contraception and birth control are always important precautions to carefully consider before having sex. Remember to practice safe sex!

Meet Betty the Chicken, the world’s first tweeting animal

Emily Olson
OPINION EDITOR

Move over, Common Squirrel. Step aside, Stockington the Cat. There’s a new animal presence on social media, and she’s not using humans to translate her tweets.

Betty the Chicken directly broadcasts her thoughts to the 38K Tweeters that follow



her employer, an Australian fast food restaurant named Chicken Treat.

Using the computer placed inside her coop, Betty regularly pecks out fascinating tidbits of chicken wisdom, like the popular “u xv x nmun,” or her Halloween post: “,,,ml vht ,,,,,,,,,,,,,,,,,,,,,,”

Betty’s strings of nonsensicality echo the entertaining tactics of Chick-fil-a’s meddlesome cows or Foster Farms’s feathered foes, but Chicken Treat claims her role serves more than a clever marketing ploy.

According to the company’s YouTube commercial, this chicken is destined to make history by being the first animal to truly Tweet, a feat that would get her immortalized in the Guinness Book of World Records.

She’ll need to pound out a proper five-letter word to do it, but so far her posts have stayed more “Chickenese” than English. “Bum” seems to be Betty’s best. (Although

followers found “YO L O” to be pretty exciting.)

Of course, some animal rights activists see Chicken Treat’s stunt as fowl — er, foul play. After all, Betty is working on behalf of a company that profits off her barbequed brethren.

To counteract the backlash, Chicken Treat Tweeted that its display “has been approved by [the Australian Royal Society for the Prevention of Cruelty to Animals] & abides by all standards regarding animal welfare.”

The restaurant also advertises Betty’s rest days and often shares videos and images of her quarters, “the luxurious Chicken Tweet HQ.”

With the world watching and Chicken Treat gaining more followers daily, Betty’s noisy nonsense seems more than just another cry in the crowded, competitive world of social media entertainment.

As Chicken Treat put it: “She may be the voice of a new generation.”



Photos c/o Chicken Treat

“Trainwreck” knocks down typical rom-com cliches

TRAINWRECK
CONTINUED FROM PAGE 8

a strained relationship with Gordon.

Amy casually dates gym freak Steven (John Cena) while sleeping around and partying it up. One day, Dianna (Tilda Swinton), Amy’s boss, assigns her to write a profile on sports doctor Aaron Connors (Bill Hader), even though Amy doesn’t enjoy sports.

Meanwhile, Amy’s father Gordon must move into expensive assisted living arrangements, as he is

suffering from multiple sclerosis.

After breaking down over familial drama, Amy shares a night of intimacy with Aaron, and they soon become involved with one another.

But troubles with her father’s health, as well as advice from Amy and Aaron’s friends Nikki (Vanessa Bayer) and LeBron James, respectively, soon leads to mixed messages and tension, and Amy’s past habits threaten to become destructive once more...

Subplots involving aging, parental care, sibling

relationships and job responsibilities add nuanced, realistic elements to the film, while celebrity appearances from box-office heavyhitters, funny people and famous athletes alike — including Tilda Swinton, LeBron James, Matthew Broderick, John Cena, Randall Park and SNL favorites Vanessa Bayer and Pete Davidson — only serve to bolster the fun. Of course, the pairing of Amy Schumer and Bill Hader as the main couple can only result in comedic fireworks.

“Trainwreck” has been lauded for turning some of

the most common romantic comedy conventions on their heads.

For one, the presence of a fiercely independent female-centric narrative is a refreshing innovation, especially coming from director Judd Apatow, renowned in the comedy world for directing and writing “bromantic comedy” movies such as 2007’s “Knocked Up” and 2005’s “The 40-Year-Old Virgin.”

Amy Schumer is well on her way to making a name for herself as a leading woman with this film, as her performance was heralded by

numerous outlets.

Notably, Peter Travers of Rolling Stone said, “Sweet is not how Schumer wants ‘Trainwreck’ to go down. She wants to explode rom-com clichés and replace them with something fierce and ready to rumble. Done.” Entertainment Weekly’s Chris Nashawaty enthused, “...Schumer gives their raunchy rom-com enough of her signature spikiness to prevent it from ever feeling predictable.”

Clearly, this is one trainwreck you need to see!



Photos c/o Universal Studios



SPORTS

MEN'S VOLLEYBALL CLUB

Pacific starts off club season right with a victory!



Pacific men from past years competing on the court.

Asher Bergtraun
CONTRIBUTING REPORTER

Last Sunday, Nov. 1, the men's club volleyball team kickstarted their season with a commanding win over the San Francisco State Gators. Winning in four sets, the Tigers only missed the third set by two points, the smallest margin possible. The first set went to extra points and ended 28-26. This win led to Pacific's sizable lead in the second set, ending at 25-19. The Gators clenched the third set 25-23. The winning fourth set was a close, intense match secured by the Tigers 25-23. The two teams chose to play a short fifth friendly set to continue the energizing game. Elated from their win, the Tigers dominated this set as well,

with a 15-9 final score. The Gators were a good challenge for Pacific, as the first 15 points of every set were quite close; San Francisco State even managed to pull ahead to a strong six-point margin in the first set. With powerful comebacks, the Tigers closed the gaps with excellent setting and piercing spikes. Justin Gibbs '16, outside hitter No. 4 and coach, reflected on the match, saying, "We had some slip-ups but managed to bring it back and perform to about 80 percent of our expectations. It was enough to secure the win." Many of the powerful hits that led to the win came from senior Byrne Belden '16, outside hitter No. 1. Byrne is excited for the upcoming season and told The Pacifican, "This is the strongest


team I've seen in my four years playing here. I think we could win our league and do really well in nationals." This first win is a promising start to what looks to be a very successful semester for men's club volleyball. With this success, the team is now shifting their focus to concentrate on improving and continuing on a trail of wins throughout the season. "Part of the identity of our team is that we are overall naturally gifted in height and athleticism," stated Gibbs, "We are going to capitalize on that and work on becoming the best blocking/defensive team in the league. In order to do this, we will be working on developing our speed and precision." Coach Gibbs is already planning the team's next steps this season and urges Pacific students to enjoy the exhilarating and action-packed upcoming club sport games this semester. Other thrilling club sports to look out for this year include archery, badminton, basketball, climbing, equestrian polo, men's lacrosse, men's soccer, Quidditch, rugby, tennis, track and field, ultimate frisbee, women's soccer, women's volleyball and wrestling. As Gibbs affirmed, "It's an exciting time to be a Pacific Tiger! We're playing really well and we have a lot of matches at home, so we can really share what we do with our friends and family." Take a break from homework, show your Tiger spirit and cheer as loudly as you can!

Did you know?

In their first season as part of the America East Conference, the Pacific field hockey team has won a share of the West Division title with Stanford! The Tigers will take on the New Hampshire Wildcats in the first round of the America East Conference Tournament on Friday at 11 a.m. in Albany, N.Y. You can watch the action online at AmericaEast.TV.


Tiger X Schedule Baun Fitness Center

THURSDAY:




- 6:30-7:15 A.M. -- Cycle
- 12:05-12:50 P.M. -- Yoga
- 5:15-5:45 P.M. -- U Jam
- 5:30-6:00 P.M. -- TRX
- 6:00-6:30 P.M. -- TRX
- 6:30-7:15 P.M. -- Cardio Kickbox
- 7:30-8:30 P.M. -- Yoga
- 9:00-9:45 P.M. -- Black Light Cycle

FRIDAY:




- 6:30-7:15 A.M. -- Cycle
- 8:00-9:00 A.M. -- Fit and Functional
- 12:05-12:50 P.M. -- Cycle
- 4-5 P.M. -- U Jam
- 5:15-6:45 P.M. -- Yoga

MONDAY:



- 6:30-7:15 A.M. -- Cycle
- 8-9 A.M. -- Fit and Functional
- 12:05-12:50 P.M. -- Power Sculpt
- 4-4:50 P.M. -- Pilates
- 5:15-6:15 P.M. -- Yoga
- 5:30-6:15 P.M. -- Cycle
- 6:45-7:45 P.M. -- Aerial Arts
- 7-7:45 P.M. -- Bootcamp
- 8-8:45 P.M.

TUESDAY:



- 12:05-12:50 P.M. -- Yoga
- 4-4:30 P.M. -- TRX Express
- 4:30-5 P.M. -- TRX Express
- 5:15-6:15 P.M. -- U Jam
- 6:30-7:15 P.M. -- Cycle
- 7:30-8:30 P.M. -- Yoga

TIGER X CLASS REVIEW

Baun’s “Aerial Arts” offers unique exercise opportunity



Baun’s new “Aerial Art” class incorporates aspects of yoga, pilates and dance.

Workfit

Drew Jones
EDITOR-IN-CHIEF

Aerial Art, more commonly known as “Pole Art,” is a new addition to the Tiger X Class schedule this semester. Aerial art recently gained popularity as a form of fitness and recreational sport; it helps to enhance strength, flexibility, endurance and core strength.

The one-hour class is taught by Esteban, who also teaches pole dancing classes at another gym here in Stockton.

The class offered at Baun Fitness Center, specifically, is an introductory class appropriate for any fitness level.

The various exercises showcase positions one might also see in yoga or pilates. Dance is also incorporated into the sessions.

While some of the moves may seem daunting at first, it’s easy to catch on if you stay at your own pace!

Even though the class emphasizes pole routines, the class of late has been more geared toward floor and wall exercises. Students are getting the opportunity to learn a full routine.

In the beginning of each session, Esteban takes the class through a series of

stretches, previewing what movements they’ll focus on throughout the remainder of the class.

Next, he splits the class into groups and has everyone rotate through different exercises for a period of time. Continuous repetition of the same movement aids in fluidity and gives you a workout, as well!

Finally, at the end of the class, Esteban flips off the lights, turns on the music and lets each student act out a routine based on what they learned.

Kylee Schesser ’17, who attends Aerial Arts every week, expressed, “Personally, I consider the class my ‘me time,’ a time when I get to have fun, de-stress, and feel good about my body. It’s also such an accepting environment! Everyone is incredibly supportive and welcoming.”

The various movements taught in the class are very sensual, and it may seem embarrassing to try them out at first.

Nevertheless, this class gives you the opportunity to get out of your comfort zone and explore your “sexy” side.

Definitely check out this Tiger X Class on Mondays at 6:50 p.m. It’s fun, energizing and a little spicy!

ATHLETE OF THE WEEK



BECKY GRABOW ‘16

Becky Grabow ‘16 of the Pacific cross country team braved wet conditions to lead the Tigers at the WCC Championships at Gonzaga on Saturday. The Carson City, Nev. native posted a time of 22:54.4 in the 6K race, which was the fastest of any Tiger and good for 39th overall. (Photo c/o Pacific Athletic Relations)

PACIFIC TIGERS

WEEKLY HOME SCHEDULE

MEN’S BASKETBALL

Saturday, Nov. 7
vs. Carroll College
7:30 p.m.
Alex G. Spanos Center



WOMEN’S BASKETBALL

Saturday, Nov. 7
vs. Sonoma State
5 p.m.
Alex G. Spanos Center



UPCOMING EVENTS

WATER POLO

Saturday, Nov. 14
vs. Long Beach State
noon
Chris Kjeldsen Pool

MEN’S SOCCER

Saturday, Nov. 14
vs. Gonzaga
7 p.m.
Knoles Field

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

*“It’s not just
a place to live,
UNIVERSITY
LOFTS
ON THE WATERFRONT
it’s a way of
life!”*

CHECK US OUT
TO DAY!

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