"Warriors Don’t Cry":
Little Rock Nine’s Melba Pattillo Beals graces Pacific

Nicholas Brummel
STAFF REPORTER

On May 17, 1954, the Supreme Court of the United States handed down its historic decision regarding Brown v. Board of Education of Topeka, Kan. This decision demanded that schools be integrated, disallowing schools from discriminating against students based on race. However, many schools attempted to defy the ruling, eventually causing the government to get involved. By 1957, nine brave black students had signed up to enroll in the all white Central High School in Little Rock, Ark. They were called the Little Rock Nine. On Tuesday, Feb. 3, 2015, nearly 60 years later, UOP was honored to open its doors to one of these inspirational individuals in celebration of Black History Month: Dr. Melba Beals.

Before introducing Dr. Beals, born Melba Pattillo, the celebration began with a rendition of “Lift Every Voice and Sing,” which immediately brought a spirit of unity into the auditorium. Now she holds a doctorate degree in psychology. However, she had reason, confessing, “The word ‘integration’ is a slingshot. My voice is my stone.”

This spirit was heightened as the With Our Words poetry collective showcased two poets. First came Deborah Armstrong. Her poem highlighted the theme of the night, as she proudly declared, “My throat is a slingshot. My voice is my stone.” Indeed, her work regarding the trials she has faced due to having dark skin resonated and sent a chill through the audience.

Following Armstrong was J’Neil Gibson, who spoke of drugs and recent police brutality toward people of color. His words were sharp and demanding, even calling out a system we are all familiar with: “How many black students do you see at UOP?”

Melba Pattillo Beals has come a long way since her time at Little Rock. Now she holds a doctorate degree in journalism and teaching. However, as she shared during her lecture, the path was not without obstacles. “A kid was assigned to step on my heels as I walked every day,” Beals disclosed. “I would be showered with flaming paper and acid was thrown in my eyes.” She explained that many of the white students were trained by the Ku Klux Klan to find horrible ways of harming her and her fellow eight. Sadly, the torment did not end with class. It was only when her house had undergone shootings that she really began to understand the danger she faced.

When asked why Melba had chosen to go to Central High School in Little Rock and why her parents allowed it, Beals revealed that she hadn’t known the risk. “My mother had no idea I was going to Central High School... until I was going,” she replied. Beals had signed up for the school without her parents’ consent. However, she had reason, commenting that she felt trapped by circumstance. The black schools were ill equipped for teaching, and more than anything, Beals desired a strong education. Thus, she sought to attend a white school, though later confessing, “The word ‘integration’ is a bigger word than I thought.” However, despite all the torment Melba endured, she still remains positive. Beals advocates that those who have experienced racism should never let that overwhelm their opinion of people. She maintained that she survived, “not just because of black people, but also because of some white people who offered kindness and protection.” Beals was adopted by a white family at the age of 16, who she still has very close ties with. She shared, “I love my white momma just as much as my biological mother.”

Beals went on to emphasize that color is not a determinant of who is good or bad. Everyone can be the change this world needs, and only through standing in unity can prejudice be overcome. This can only happen once we all see that “a 12-year-old boy shot within seconds of being suspected of carrying a gun is our son. He is everyone’s son, and if you turn your backs on him, you will be next.” Beals believes that one day, we will not need to have these types of discussions, saying, “We have to have faith that we are close to that goal.” However, one thing that hinders that goal is violence. She condemns those who loot and become violent upon hearing the Ferguson decision, stating, “A march ought to have a plan. Martin Luther King always had a plan, and never did it involve violence.” At the end of the day, Beals wants her audience to remember one thing: to stand in unison, no matter how many hits society endures. “You have to become the clan of people who can see those around you as perfect,” she affirmed. Only once we accept the good in others can we work with them to create the change we wish to see in society.
Starting a new business?

Nanxi Tang
GENERAL MANAGER

Downtown Stockton Alliance invites start-up businesses to apply for the Downtown Stockton Business and Technology Incubator program. The DSA was incorporated in 1996 and began operations in 1998 to promote a sustainable and vibrant community in downtown Stockton. According to the DSA, they focus on five critical areas as determined by the Downtown Management District Plan, including Maintenance, Safety, Public Policies and Advocacy, Economic Development and Marketing.

The DSA’s BTI program began in June 2014 and is funded by the Pacific Gas and Electric Company’s Economic Vitality Grant and the City of Stockton’s Community Development Block Grant; the grants are used toward stimulating local economic growth and development.

The idea was to provide a creative environment and also business development services to local entrepreneurs and technology innovators, where we could help them get their programs, get their businesses off the ground,” stated Sylwia Lipiec-Qualls, DSA’s communications manager. “We are hoping to attract young budding entrepreneurs who have great innovative ideas and solid business plans but are lacking in resources and business know-how.

The BTI is a collaborative effort between Downtown Stockton Alliance, the City of Stockton’s Economic Development Department, San Joaquin County Hispanic Chamber of Commerce, San Joaquin Delta College Small Business Development Center and Huddle, a downtown Stockton coworking office space. Currently, nine businesses are members of the Incubator. Membership applications for the new term are being accepted now. Members receive benefits, such as office space and help in guiding emerging businesses and entrepreneurs from the conception of their business plans to the implementation.

For more information or to apply, visit www.StocktonTechIncubator.com.

Preview:
Black History Month

Oula Miqbel
STAFF REPORTER

In honor of Black History Month, the University of the Pacific will be offering several activities throughout the month of February. The University will be hosting its celebration of “A Century of Black Life, History and Culture.”

On the agenda this February, celebrated author, scholar and political activist Dr. Angela Davis will lecture at Faye Spanos Concert Hall. She emerged as a prominent counterculture activist and radicalist in the 1960s. Davis has worked to bring social consciousness during the Civil Rights Movement, and has taught ethnic studies at San Francisco State University, and history of consciousness and the feminist studies Departments at the University of California Santa Cruz. Dr. Davis is recognized in the 21st century as a revolutionary thinker for her actions during the 1960s. Her moxie is like none other, as she has fought on all fronts against civil unrest and equitable democracy. Davis is truly a hero in every aspect of the term and will be lecturing on campus at 7 p.m. Tuesday Feb. 17.

On Thursday Feb. 26, a presentation by the legendary poet Rowan Ricardo Phillips will be held at 7 p.m. in the Presidents Room. Phillips is the winner of the 2013 Whiting Writers’ Award, an American award presented annually to 10 emerging writers in fiction, nonfiction, poetry and plays. Phillips’ beautiful pastoral poetry offers innovative expressions on the classic carpe diem ideology. His expressions of grand escape and paradise are embedded in his poems “The Beatitudes of Malibu” and “Little Song.”

Capping off Pacific’s Black History Month is Gospelfest 2015, featuring the legendary Grammy Award-winning gospel group The Clark Sisters, as well as Anthony Brown and Group, on Friday Feb. 27. The Anthony Brown Group will open the show with their song “Therapy.” The concert will take place at the Bob Hope Theatre, 242 E. Main Street, Stockton, Calif., from 7-9 p.m.

Black History Month
PREVIEW: all work, no play?
Collins Electrical Company

Oula Miqbel
STAFF REPORTER

Collins Electrical Company, Incorporated is coming to the University of the Pacific to introduce its new high-tech office and friendly work environment. The primary focus behind the shift in technology was to become more alluring to young prospective job seekers. Collins Electrical Company will be attending the annual Career and Internship Fair on Wednesday, March 15, 2015 from 1-5 p.m. at the DeRosa University Center Ballroom.

They intend on introducing prospective applicants to the Collins milieu and culture by opening their doors and extending them, through UOP's gates and offering new employment opportunities to younger and innovative thinkers, that carry the Collin's tradition.

The new workforce being created offsets the old homogenized idea of "work." Most employees are looking to create a less corporate atmosphere, to build a more homely environment for their employees. Google ousted the idea that work should be confined to the old run-of-the-mill, nine-to-five cubicle, desk dungeon.

However, you don't need to move to the Bay to look for the high-tech, aesthetically appealing, copacetic work environment — it now resides in Stockton. Collins Electrical Company, Incorporated has veered toward the new frontier of office space.

Collins' newly designed, technologically advanced corporate building embodies the residual shift in technique and equipment. "The new building is a way to move with the shift, and role, that technology is taking, in the workforce and life," said Human Resource Manager Susan Rodrigue. It allows the company to maintain its competitive edge and remain prevalent in a changing field, while also embracing the tech-age, and most importantly, the incoming generation that has developed with it.

In terms of the shift, "it's about making things effective and efficient in order to get the job done," explained Vice President Brian Gini. Even the more seasoned veterans have been pleased with the conversion to a more technical system: "It has simplified things to increase the level production," commented Chief Estimator David Plaster.

The metamorphosis of the company was not only to help employees become more proficient, but to improve Collins in order to meet the need of the employees. "Here at Collins we invest in our employees and the work that they do, which is why we have changed, and made the necessary adjustments," said Gini.

The progression's purpose was not only for current employees, but for potential employees as well.

The vision sparked by the company was to create an environment where college graduates entering into the workforce are capable of adjusting from the academic sphere to the office structure, without feeling confined by the turbulence of old practices.

The shift was also made to aid prospective employees; by allowing them to acquire employment opportunities that they would thrive in by incorporating new technology.

Stockton’s bankruptcy ending?

Nicholas Brummel
STAFF REPORTER

Bankruptcy, a method of being legally removed from an obligation to one's debt, is a complex legal mechanism for an individual, but even more so for an entire city. No city can be entirely removed from all of its financial obligations. Thus, the devil is in the details, and the judicial system is left deciding which financial obligations the city may divorce itself from, and which are simply too necessary.

Such decisions are attributable to the slow process that has been Stockton’s exit from bankruptcy. Dale Kaier, journalist for the Sacramento Bee, wrote on Oct. 1, 2015 of the city’s most controversial obligations: its obligation to one of its primary creditors, Franklin Templeton’s Investments, and the spending of $29 million on Calpers pensions. These pensions are those owed to retirees, as was agreed to by the city.

By the Oct. 1 decision, U.S. Bankruptcy Judge Christopher Klein, suggested that, in order to meet its obligation to Franklin Templeton’s, the City of Stockton may slash its payments, offering significantly less to retirees. Of course, the public pension industry and public workers’ unions reacted. The public demanded that the city meet not only its legal obligation, but its moral one as well. These pensions were promised to Stockton retirees and could not simply be taken away. A month later, the judge allowed Stockton to devise a plan that paid Calpers in full.

In response, the firm filed an appeal, requesting that the court place a stay on Stockton’s adjustment away from bankruptcy, at least under the new plan.

Despite the Franklin Templeton’s protests, the Court held that the city may carry out its plan. The ruling followed evidence that the city would suffer greatly if it were forced to spend additional time acting outside of its normal functions. The pensions were deemed too sacred to dismiss; thus, the cut would instead come from Stockton’s obligation to its creditors. Despite the fact that additional creditors have filed to challenge the city’s prioritization of Calpers, the city’s repayment plan is to go into effect starting February.

Connie Cochran, Stockton’s public information officer, is optimistic regarding Stockton’s future, explaining that the plan "removes a lot of uncertainty for all of us — employees, retirees, creditors, businesses and investors — and allows Stockton to move forward without the stigma of bankruptcy. Indeed, becoming detached from this stigma is likely to benefit Stockton in a variety of ways."

The city may now move forward in rebuilding its credit. Existing without bankruptcy increases consumer confidence, which draws in investment. A city’s ability to draw in business is essential for its ability to thrive.

While Stockton’s bankruptcy recovery plan hasn’t yet escaped all possible threats to its successful enforcement, it has dodged an important bullet. Bankruptcy, a worst-case scenario for any financial entity, offers much fear, ambiguity and complexity. Thus, each step in a good direction is a http://nonprofitaction.org/wp-content/uploads/2014/12/Crowdfunding_Future-618x400.jpg step worth celebrating.

Public Safety

Weekly Report
Jan. 25 - Jan. 31

Casualty

Jessie Ballantyne 01.25.15

Officers responded to the above call at 2:35 a.m. regarding alcohol intoxication where one subject was vomiting. Officers arrived and determined medical assistance was not warranted; they escorted the subjects back to their rooms.

Vandalism

Lot 45 01.25.15

The victim reported that unknown subjects broke out her car window.

Assault

McCaffrey Center 01.26.15

Officers responded to a call reporting a fight near The Grove. Upon arrival they found two females and one male.

The male’s previous partner confronted him about his new relationship, which escalated into an assault. Officers desescalated the incident and filed a report.

Burglary

Alumni House 01.27.15

Officers took a report of a burglary where someone entered the building and removed a camera. No force was used, as entry may have been made through a malfunctioning door.

Theft

Health Science 01.28.15

Dental hygiene tools were reported missing from the owner’s unlocked storage cubby.

Fire

DeRosa Ctr. 01.29.15

Officers responded to assist with a small kitchen fire at the Center. There was minimal damage to the area of the fire.

Theft

Main Gym 01.30.15

Victim reports the key to her vehicle was stolen.

Casualty

Eiselen House 01.31.15

Officers responded to assist a subject who was feeling ill. The subject refused any medical assistance.
Crowdfunding the cost of having a child

Sarah Yung
COPY EDITOR

Kickstarter. Indiegogo. GoFundMe. What do all of these websites have in common (besides catchy multisyllabic names)?

They’re all popular crowdfunding hubs on the Internet, platforms where people can request or donate money in the confidence of a presumably non-fraudulent environment.

Just in case you’ve been hibernating since around 2006, let’s begin with a quick primer on crowdfunding. Somewhat intuitively, you may be able to gather that crowdfunding is a way to fund a project or venture by accepting amounts of money from a crowd. Technically speaking, crowdfunding is a concept that’s been around for ages. Asking people for money in times of desperate need seems to be a logical, universally human thing to do, and the patronal model has been around for ages, assisting artists and writers to create and not starve in the process for millennia.

Of course, if we expand, explore and contextualize this concept in the modern age of the World Wide Web, we come to the contemporary definition of crowdfunding. Despite each website’s attempt to differentiate itself, most, if not all, crowdfunding sites enable people to create profiles, short videos, itemized lists, elaborate and/or witty descriptions and incentives or even incentives, all in order to convince the general public to fund your newest creative endeavor.

Now, perhaps as to be expected, we’ve seen a lot of strange things crowdfunded over the years. Relatively recently, for example, 6,911 backers pledged $55,492 to fund a young man’s creation of a potato salad on Kickstarter, and 161 backers offered up $7,423 for a slightly crazy puppet twincest musical starring famous YouTuber Jon Cozart, afa Paint. But the latest crowdfunding trend has caused quite the ethical and sociopolitical stir: Crowdfunding the cost of a child.

It should come as no surprise that children are expensive. While your child may be priceless, the cost to raise him or her is actually quite estimable: CNNMoney reported that “To raise a child born in 2013 to the age of 18, it will cost a middle-income couple just over $245,000, according to new revised estimates from the U.S. Department of Agriculture.”

Yet this sum does not even take into consideration some couples’ need for expensive fertility treatments, or the often exorbitant costs of adoption. On Nov. 1, 2014, The Seattle Times reported that in vitro fertilization costs approximately $20,000, and the costs of one couple’s international adoption cost an initial $25,000, with an additional $10,000 necessary for delays and multiple unforeseen international flights.

Thus, even if a couple may be relatively fiscally sound, it is reasonable to see how a little extra money would ease some of their excess financial burden. And that’s exactly where crowdfunding comes in. Hundreds of pages exist on sites such as GoFundMe, Indiegogo and AdoptTogether to help alleviate the costs of fertility treatments or adoption fees. Family, friends, even strangers read the pleading stories, see the loving pictures and open their full wallets, and voila — the longed couple is finally on their way to a happily ever after. It’s a heartwarming testament to the kindness and empathy of humanity. What could possibly go wrong?

Besides the complaints of countless people decrying the process as lazy and/or irresponsible, there are also potential moral ramifications. Who’s to say, for example, that this money is truly going to this cause? Sure, there are rules against the abuse of that sort of thing, but they can’t be impossible to evade. Even if the story is true, who’s to say that seemingly loving couple on the Internet is actually morally, physically and emotionally ready and fit to raise a child? And if we encourage crowdfunding the costs of adoption or fertility treatments, who’s to stop future couples from crowdfunding birthday presents? Schools? College funds? Heck, why not crowdfunding your child’s whole life?

Of course, it’s important to remember that at the end of the day, the success of crowdfunding relies on the generosity of often bona fide strangers. If people are moved by a story, shouldn’t they be allowed to use their money as they see fit? We should ultimately not disparage desperate people for being resourceful, especially if their intentions are pure and they end up successfully becoming healthy parents. After all, as the old adage goes, it takes a village to raise a child.

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Police brutality, or stupid citizen decisions?

Alex Sheremet

In recent years, the sad truth is that the number of police shootings in the news has undoubtedly skyrocketed. Every time these tragedies strike, neither the United States nor the rest of the world is quite prepared. Whether it be an incident involving racial profiling or some kid with a toy gun that looks too realistic, we are given the impression people are being gunned down by the cops left and right. It begs the question: Is the anti-police sentiment warranted, or are people being so reluctant to cooperate with authority that they in turn are getting themselves killed?

Let’s take first, for instance, the case regarding Michael Brown in Ferguson, Mo. Brown, who had just robbed a store, encountered and aggressively approached Officer Darren Wilson and then proceeded to attack him. Brown certainly should have been reprimanded for attacking a police officer. But did he deserve what was essentially the death penalty on the scene?

Next we can examine the case of Tamir Rice, the twelve-year-old Cleveland, Ohio boy playing with his plastic Airsoft replica gun who was shot and killed by a police officer. It seems the officer felt endangered after receiving calls from concerned patrons. The police officer could have responded a number of different ways but chose to end the life of a 12 year old with a toy gun. However, the orange indicator showing that the gun was fake was illegally removed, and this situation ultimately draws attention to why we teach our kids to not play with guns — real or fake.

When Eric Garner was killed by a chokehold from New York police officers, America was once again thrown into shock. They watched videos of a compliant man being detained by overly-aggressive police officers, who would ultimately suffocate and kill Garner. This showed people that police officers don’t necessarily even need a gun to kill somebody: They can just choke you to death.

Police officers have a lot of responsibilities, and they are under a lot of pressure. They are humans like you and I, average citizens just looking out for one another — but the average citizen does not require a gun in order to keep watch on communities. It is possible to keep an honest lookout for folks without the potential use of a deadly weapon.

Census: millions of children receive nutritional assistance

Thomas Levy

The census reported that 1 out of 5 children in the U.S. receive nutritional assistance, such as food stamps, from the government. So roughly 35 million of the 75 million people under the age of 18 live in households where their nutritional needs are not being met in their situation.

The most heavily concentrated areas of families who are receiving aid live in places like the south: Louisiana to Georgia, and up through Tennessee through Kentucky and into West Virginia. Several of those states are facing poverty rates of more than 30 percent, along with the lowest percentage of high school graduates in the country. Education may not be the only issue, but it is arguably the cornerstone of the American childhood experience. If children are not being set up in the present day to better a system that has failed in the past, the bleakness of our future will soon become all too real.

Michigan, a once booming manufacturing hub, is another state with a high concentration of food stamp recipients. In the 1970s and ‘80s, working mothers and fathers became unemployed regularly as the price of domestic manufacturing proved to be too costly for companies. Cities became ghost towns almost overnight, and conditions have not changed much up to today.

What children need to succeed is an education and the promise of opportunity. While it is very charitable of the government to help out people in need, things may move in a positive direction if a long term solution in education was considered. There is so much going on in the world today that key leaders are pressed to focus their efforts on foreign concerns, while the battles we fight domestically are being neglected.

No child in America should have to starve or wonder when or if they will get food on a certain day. Often we forget that people living in surprisingly unfit conditions are closer to home than we think.

Homelessness problem exemplified by ‘Hotel 22’

Oula Miqbel

Line 22, the only bus route that runs 24 hours in the Santa Clara Valley Transportation system, has become an unofficial shelter to much of the region’s homeless population. Each night, the bus progresses through town and acts as a mobile testament both to the resourcefulness of the region’s homeless and the agonizing challenge of finding shelter in the pricey Silicon Valley. Homelessness is a topic most people are largely ignorant about; despite geographical and economical scheming, homelessness is inevitable in any region. Yet it has become increasingly prevalent in one place you may not suspect: the average college campus.

As today’s students face a world filled with global conflict, disappearing jobs, skyrocketing education costs and increasing poverty in America, action is more crucial than ever. We know hunger and homelessness are increasing epidemics plaguing the United States, striking Americans of every age, ethnicity and religion and hitting urban and rural communities alike. Just last year, the national poverty rate rose to include 13.2 percent of the population. One in seven people were at risk of suffering from hunger in the United States. In addition, 35 million people were forced to sleep in parks, under bridges, in shelters or in cars. The combination of the high cost of living, low wage jobs and high unemployment rates only exacerbate these problems and force countless Americans to choose between food, housing and other expenses that cause them to starve or wonder when or if they will be getting food on a certain day. Often we forget that people living in surprisingly unfit conditions are closer to home than we think.

At the University of the Pacific, recent information has indicated that approximately 24 percent of the University’s student population identified homeless on their applications. A region like Stockton is notorious for the levels of poverty in the city: It is currently at 64.9 percent. However, Pacific offers the Community Involvement Program and several scholarships to help students in need of financial assistance receive sufficient funding to attend the University. The Dugoni School of Dentistry also participates in the Homelessness Connect Project, which is a program that was started in 2007 to help people in San Francisco receive free oral care. At each event, volunteers provide dental screenings, basic care and complex treatment to homeless individuals at no cost to the patients.
There are many advantages to attending a junior or community college instead of going straight into a university. Whether your reasons are monetary or decisionary, junior colleges provide great opportunities for all who attend them.

Junior colleges, most commonly referred to as JCs, are not only by far cheaper than universities, but they also offer academic and/or related paraphernalia. Companies like Facebook and Instagram have recently been cracking down on accounts that infringe on federal laws as per their Basic Terms of Use contract, which several hundred million people have agreed to.

Although a few states have deemed marijuana recreationally legal, many accounts not based in those places are being suspended or shut down entirely. As laws change and as a budding industry takes shape, it would behoove the social media and technology industries to embrace and grow in a legal sense with cannabis culture. There is a lot of opportunity for an increase in commerce should Instagram, for instance, allow photos of high grade marijuana container seller Medtainer’s Instagram account was shut down last month.

Cannabis connoisseurs out there who love surfing the net for their favorite strains, glass and goodies have come to know that sites such as Facebook and Instagram have become a host to entrepreneurs who set up online storefronts to display their products. Many social media sellers slip through the cracks, but Facebook and more notably Instagram have recently been cracking down on accounts that infringe on federal laws as per their Basic Terms of Use contract, which several hundred million people have agreed to.

Social media apps cracking down on pot entrepreneurs

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Ways to attack your kangaroo pouch

Sarah Hong  STAFF REPORTER

It seems as if most people are always trying to achieve their perfect "summer body," no matter what time of the year or season it is. If you are one of these people, keep reading for some tips on how to transform that belly fat into a flat stomach.

Did you know that in order to reduce abdominal fat, diet plays a major role and factor? That means that - surprise, surprise - the food you consume on an everyday basis has an impact on your waistline.

While carbs may seem to be our best friends, they can also be our worst enemies. We all love to indulge in white bread, potatoes and chips once in a while. However, what if I told you there were substitutes to these types of foods that taste just as tasty but not as starchy. Instead of white bread, choose 100 percent whole-wheat, rye or multi-grain. Another tip: instead of grabbing the potato chips, buy baked snacks or simply make your own! Cut up your favorite vegetables or sweet potatoes into thin slices and just toss them in the oven.

By taking these simple steps to modify your diet, as well as eating more natural foods instead of processed foods, your physicality and mentality will improve in tremendous ways, and you will be the proud owner of a flat belly in no time!

In fact, there are foods that actually help you lose belly fat, informs Prevention Magazine. These include almonds, apples, avocados, cucumbers, green leafy vegetables, beans and watermelon. Try adding these ingredients into meals or snacks as a healthy booster on your weight loss journey.

Of course, exercise also makes a big impact on banishing belly fat. Besides the obvious cardiovascular exercises like jogging, running or swimming, there are a multitude of abdominal-specific weight loss exercises. Shape Magazine reports that crunches are the best exercise when it comes to fat-burning. They are also quite simple: First, lie down on a mat with your knees bent and your feet on the ground. Lift your hands and place them behind your head, or keep them crossed on your chest. Inhale as you lift your upper torso only off the floor, and then exhale. Try doing this technique 10 times straight, with reps of two to three.

Once you got the hang of it, try taking crunches to another step by adding a little twist to it. Twist crunches are basically the same technique as crunches, except with one alteration: you have to lift your right shoulder toward the left knee, keeping the other half of your torso as near to the ground as possible. Repeat, alternating sides.

The plank and the slide plank are also extremely helpful, but may cause some serious pain to beginners. To execute this exercise, get into a pushup position, and stay in that position until you want to cry, which will be around 30 seconds to a minute. For a side plank, lie on your left side with your elbow directly beneath your shoulder and legs stacked parallel, one on top of the other. Place your right hand on your left shoulder or on your right hip. Try to hold that position for 30 to 45 seconds. Switch sides and repeat.

The last technique that will be extremely beneficial for that flat stomach is the walkout from pushup position. First, start in pushup position with both hands two inches wider than your shoulders. Walk your hands out as far as possible, then walk back. Try to do this movement for 10-12 reps.

So there you have it! Just like any worthy goal, losing abdominal fat will take time, and results will not show right away.

However, the key is to be persistent, and I guarantee that your flat belly will appear!
Spice up your love life with dates on campus

Emily Olson
STAFF REPORTER

Here’s a truth you might not accept: Dating is key to forming healthy relationships that last. Of course, college students might tell you otherwise. Since we don’t have money, cars, time or the will to make them happen, dates seem to get forgotten.

Here’s another truth: You can go on dates right here on campus. It may seem tacky at first (another meal together in the UC?) but when you’re short on cash or pressed for time, the convenience of campus can lend itself to the creation of some awesome date memories. All it takes is a positive attitude, some spirit of adventure and a little creativity. Here are some ways you can get started.

1. Keep it simple... or add some sly.

There’s nothing intimidating about a coffee date. You might have a meal plan, and you certainly have walking access to the UC’s Calaveras Coffee House. There’s nothing difficult about it either.

Grab a cup of liquid happiness, and get to know each other better over an hour-long conversation or a game of 20 questions.

Sound too easy? Try a twist on the classic by ordering drinks for each other (bonus points if they admit they’ve never tried it) and swap out the conversation for some intense people watching, where you provide innocent passerby with identities and back stories — the crazier the better (bonus points if you make your date laugh hysterically in the process).

2. Make it insta-artisy.

Pick a quiet afternoon and embark on a walk around campus armed with your phone and your artistic vision.

The goal is to take photos of our picturesque campus (or sneak some of your date) that are beautiful enough to have you complimenting each other. Don’t forget to steal some selfies and make your Instagram followers jealous of your couple cuteness.

3. Get active.

You know what they say: The couple that sweats together stays together.

Okay, maybe they don’t say that. But there is some serious bonding that can happen over exercising together. Try heading over to Baun Fitness for a climb up the rock wall (open Monday-Thursday from 4-8 p.m. and Friday from 3-6 p.m.); promising you won’t let each other fall is required. Or, get pedaling — rent bikes from Baun’s front desk for $5 each and spend a day devoted to discovering where the bike path ends.

4. Be a little classy.

Don’t be afraid to show off your mature side with some dress-up worthy dates. Try a weekday lunch at the River Room located upstairs in the UC. You’ll have to pay for this one (meal plan isn’t accepted), but you’ll definitely be able to say you’ve eaten there. Follow it up with one of the many free and professional-quality concerts frequently held by the Conservatory and tell your friends you got dinner and a show without even leaving campus.

5. Catch a game.

Spring is for sports, and games are a perfect date occasion. Grab some snacks from The Grove and head to the next basketball or baseball competition (free with your ID card). Sit close, cheer loud and never run out of things to talk about. With the high drama of the game, you might find yourselves quickly holding hands or getting to know each other on a level you didn’t before.

6. Picnic it.

It couldn’t be simpler. All you need is a secluded spot. Try the park-like section of the Quads or the areas close to Burns Tower. Turn on some Spotify to further establish ambience, and let the conversation meander.

7. Read romantically.

Study dates may be overrated, but library dates are just the opposite. There’s something sweetly challenging about having to communicate in whispers — leaning in close — and tiptoeing around those studiers who know you’re up to no good. Just spend an afternoon walking around together, seeing what sorts of interesting things Pacific has on its shelves.

Stay on the first floor and you might find some music you’ll want to meet up again to hear. Head up to the second floor and you might find some children’s books worth reading out loud to each other. Follow it up with coffee from Davey’s Cafe and engage in some storytelling of your own.

Use those creative brains of yours and start making on-campus date memories today!

Glitter is not just for arts and crafts anymore:
Send it in the mail to your enemy, and watch the mayhem ensue

Lauren Peterson
DISTRIBUTION MANAGER

The term glitter bomb usually refers to the act of protest seen in the United States when a politician (usually a prominent Republican) gets doused in a shower of glitter as a reaction to the politician’s anti-gay views and/or actions.

Michele Bachman was glitter bombed during her run as a presidential candidate contender on June 18, 2011 in Minneapolis because of her support of a ministry that opposes LGBT issues.

While the symbolism is obvious, the act of glitter bombing has now evolved into a mainstream phenomenon, recently powered by Mathew Carpenter and his website Ship Your Enemies Glitter.com.

The front page boasts the enticing message, “We Send Glitter To The People You Hate,” and for AUS $9.99 (US $7.76), they will. The website even advertises they will include a little note, explaining why the recipient deserves such a product.

In 24 hours, Ship Your Enemies Glitter received thousands of orders and 80,000 Facebook shares, causing Mathew Carpenter to post the website Product Hunt. “Hi guys, I’m the founder of this website. Please stop buying this horrible glitter product — I’m sick of dealing with it. Sincerely, Mat.” By the second day, the website was put up for auction and sold for $85,000.

While this was clearly one of the biggest media stunts in 2015 (yes, we realize it’s only been a month), it has definitely set the bar high for future gigs/trolls/stunts.

The market for obscure websites encouraging silly pranks is definitely a viable one, and one that can and will be exploited again. If you want to experience the joy of opening a glitter bomb without finding the stuff scattered on your belongings for the rest of your life, watch “spring-loaded glitter bomb vs dad” on YouTube (warning: expletives!).
**JANET LEIGH THEATRE**

**Fury fires into Janet Leigh**

Allison Williford  
STAFF REPORTER

Awards season is upon us, which means that a variety of talented directors and actors have banded together to create astounding and imaginative films to grip the hearts of millions. One of these gritty and emotional films—*Fury*—wrenches audiences into the gritty storyline and never lets them go. With its remarkable company of brilliant actors and ingenious director, this movie is the nominee to keep an eye on during this year’s awards season. This story of an American battalion fighting its way through Nazi Germany in 1945 combines the themes of camaraderie and loss of innocence with the bloody reality of war.

Crew leader Don “Wardaddy” Collier (Brad Pitt) navigates a group of five soldiers in a lone Sherman military tank, nicknamed Fury, against the German Nazis. Under supplied and saddled with a disheartened rookie named Norman Ellison (Logan Lerman), Wardaddy, Boyd ‘Bible’ Swan (Shia LaBeouf), Trini ‘Gordo’ Ellison (Logan Lerman), and Grady ‘Coon-Ass’ Travis (Jon Bernthal) make their way to their newest assignment.

This crew’s journey through suffering, heartache, and death shows the grisly details of what soldiers really experience. The film ends with a final stand by the Fury and its crew at a crossroads that must be defended against the Germans at all costs. Standing alone with diminishing supplies, this crew gives everything it has to each other and to the enemy. By the time the credits role, the audience feels as if they have survived the war themselves.

Audiences have mixed reviews of this film but ultimately give it a 77/10 on IMDb, and critics generally agree with a 78 percent approval rating on Rotten Tomatoes. Many critics are impressed with the film, loving its visually jarring violence and amazing cast performances, but some critics, however, feel that the violence goes too far, claiming that the gory scenes are unnecessary and gratuitous.

Audience reviewers feel that the cinematography and acting are superb, but the storyline could use some more realistic backstory from real world problems. What may be most surprising is the fact that this film got overlooked for any Oscar nominations, and many people wonder why.

Despite being snubbed, it has received many nominations for other awards, including Critics Choice Award for Best Action Film, Screen Actors Guild Award for Outstanding Performance by a Stunt Ensemble in a Motion Picture, and the Satellite Award for Best Original Score. It has been compared to last year’s film Lone Survivor, which was nominated for several Academy Awards for Sound Editing and Sound Mixing but was also snubbed by critics for its depiction of violence and war.

While it may trouble some people that this film was skipped over for the Oscars, this film is still worth seeing for many reasons. Director David Ayer’s ability to capture the emotional atmosphere of war in such tight spaces in the tank is praiseworthy, and Logan Lerman’s amazing transformation from boy to man not only as the character of Norman but also as an actor is something worth seeing. The cinematography is astounding, and the impressive heart this film shows will cement it not only as a classic war film but also as a noteworthy dramatic film.

**Jenner’s gender transformation captured on film**

Sarah Hong  
STAFF REPORTER

It seems like the Kardashians are always in the headlines, whether from attending celebrity events, promoting their new fashion lines or merely endorsing products and services. However, this time the Jenner girls are taking the spotlight—and by girls, I mean Bruce Jenner.

If you do not know of the Kardashian-Jenner clan, they are a combined family that achieved their fame through their reality show, "Keeping up with the Kardashians."

The matriarch of the famous Kardashian family, Kris Kardashian, married her second husband Bruce Jenner 23 years ago, and they had two kids of their own, Kendall and Kylie Jenner.

They all appear on their hit reality show, which recently aired an episode showing Kris Kardashian and Bruce Jenner filing for divorce. Viewers merely assumed their divorce was due to disagreement and simply lost love for each other.

With all the current articles focusing on Bruce Jenner, however, it seems those reasons are not the case. The divorce may actually be due to the fact that Bruce Jenner wishes to become a woman.

Paparazzi pictures show Bruce, former Olympic athlete, slowly transitioning into a woman by growing out his hair, wearing makeup and having manicured nails. The 65-year-old reality star will be releasing a documentary in May, which will feature his momentous journey of transitioning into the opposite sex.

The documentary will also include personal interaction with all the Jenner children from his past three marriages, as well as his ex-wife Kris Jenner.

The film is said to be very personal, with the purpose of showing the world his full transformation.

Until then, Bruce is attending frequent psychological counseling sessions, with various small get-togethers along the way as well.

The most famous Kardashian star, Kim Kardashian, stated in an interview with Entertainment Weekly, "I think everyone goes through things in life, and I think that story and what Bruce is going through, I think he’ll share whenever the time is right."

The support and love he receives from his family members will help him with his decision.

However, not everyone shows the same support as his family. InTouch Magazine fueled controversy when they photoshopped a picture of Bruce Jenner on actress Stephanie Beacham’s body, adding lipstick and blush to his face.

Howard Bergman, vice president of Reputation.com, tweeted, “This is the transgender version of ‘blackface.’ It is offensive, unacceptable and transphobic.

Bruce Jenner is not harming anyone, nor is he offending anyone by going through with this transition, and pictures like this further support the scrutiny many transgender people have to face on an everyday basis.
Men's basketball had a tough home stand this past week as they hosted Pepperdine and LMU. The Tigers fell to both teams in two very close games, including a trip into overtime against LMU. Pacific is now 10-13 overall and 2-9 in conference, putting them in last place within the West Coast Conference.

The Waves splashed into Alex G. Spanos Center on Thursday, looking to take their second matchup against the Tigers. Even with a few injuries, the Tigers put up a substantial fight, only trailing by one after the first half. The defense was neck and neck, with both teams tallying 39 rebounds on the evening.

The lead jumped back and forth in the second half. Tied at 39 with less than four minutes remaining, Pepperdine sunk a three-pointer to take the lead for the final time in the matchup. The defense was neck and neck, with both teams tallying 39 rebounds on the evening. The lead was back and forth in the second half. Pepperdine, 50-43.

During Saturday's game, both Pacific and LMU went into the game with full force. In their previous matchup, the Tigers were able to come out on top; however, this time around the Lions ran away with the win. The lead jumped back and forth in the second half. The lead was back and forth in the second half.

With nearly 10 minutes remaining in the game, Pacific held an 11-point lead. The Lions went on an 11-2 run to cut down the lead to two. The Tigers desperately tried to maintain a hold on the game, but LMU was able to tie the game and send it to overtime. Guard Alec Kobre '16 started off the extra five minutes of play by laying down a three-pointer. The Tigers were able to pull the game back within one, courtesy of a three-pointer from guard David Taylor '17, but the Lions were able to capitalize on fouls to take the victory. The Tigers hit the road these next couple of weeks but will return home on Thursday, Jan. 19 to take on Conference leader No. 2 Gonzaga. The game will be aired live on Comcast SportsNet in Alex G. Spanos Center at 8 p.m.
Time to tone up our beach bodies with Baun's Pilates!

Lauren Peterson
DISTRIBUTION MANAGER

Whether you're a casual exerciser or a hardcore fanatic, Pilates offers the chance to strengthen specific muscle groups, specifically your core, with tough individual exercises. Using your body weight, a yoga mat, sand-filled balls and resistance bands, the instructor will lead you through a series of muscle-burning exercises guaranteed to have you coming back for more.

All exercises can be modified and, as always, how much effort you put into it will directly correlate to your personal results. While it may not be as sweat inducing as a cardio-focused workout, Pilates is a fantastic addition to anyone's regular workout routine or is perfect as a stand-alone class.

Scheduled every Monday and Wednesday at 4 p.m., this class fills up quickly; I would highly suggest arriving at least 10 minutes early to claim your spot on the floor of the Stripe Studio. No shoes required!

Did you know?
Spring sports are beginning their seasons! Men's and women's tennis, women's water polo and golf have already begun competing. Softball opens this weekend, with more sports to follow!
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