New Buildings Rise Across Campus as the Transformation of Pacific Continues

Since the construction of the DeRosa University Center, the University has begun more construction around the campus.

Work for the Janssen-Lagorio multipurpose gym, still under construction, started in January, continued through the summer, and is slated to be done by October 30. The gym will feature brand-new hardwood floors for the school’s basketball and volleyball teams as well as additional sports practice.

The gym is 23,272 square feet and features a ceiling that is 38 feet tall. In addition, the gym will provide a curtain allowing separation of the gym into two equal practice areas.

Also part of ongoing construction is the McCaffrey Center, with already visible changes through the removal of the wood benches next to the Grove that served as a stage for the recent orientations. The benches could no longer be repaired, and contractors have finally removed the benches to start construction on new benches made of concrete.

The new deck will include perimeter planters and walls that allow seating and portable tables and benches, as well as a ramp for people with disabilities as part of the University’s continuing program to improve access into buildings.

In addition to the new, stronger concrete benches, space originally used in the Summit Café and the Redwood Room will be changed into office space for Housing and Greek Life and the Career Resource Center, and the wood patio outside of the Redwood Room will be

See PROGRESS, page 3
THEFT, continued from cover

He went to his vehicle and got a handgun. The suspect then
went back inside McConchie. It was clear where the
suspect's vehicle was parked. According to the official
to Public Safety, the firearm was in the center console of
the car. A loaded magazine was later found in the car, but it was not
attached to the gun during the incident.

A female student, who was part of the McConchie group, saw the gun tucked in
the suspect's belt according to Giblin. She immediately called
the R.A. for McConchie who, in turn, notified Public Safety.

Officers from the Stockton
Police Department, who are
usually called in for serious
cases, arrived on scene and arrested the student.

The handgun was never
pointed at anyone. No students
were threatened," said Giblin.
Although the gun was not
loaded, Giblin said, "This is
still a serious crime." Giblin and
officers were mindful of tragic
incidents involving firearms that occurred on other college
 campuses across the country.

The handgun was
scribed to the student's father. Both Giblin and Belcher speculated that the
District Attorney may pursue
charges against the father for
allowing a handgun to fall into the
hands of a minor.

"On a case like this, I don't
know," Belcher said. "It will be
entirely up to the DA. Each
situation is unique." Belcher
does not believe the student
will be tried as an adult in this
situation. Because the student
is under the age of 18, the
case will go through the juvenile
court system. Giblin said that
no reporters are allowed in
juvenile court and therefore
information is released about
the suspect.

Also, the Family Educational
Rights and Privacy Act (FERPA)
gives the suspect's parents
the authority to withhold the
educational records of the
student. Parents may choose to
release or restrict access to the
information. Once a student
reaches the age of 18, this
responsibility transfer to the
student. The student may waive
rights granted under FERPA if
so desired.

The outcome of the case will
depend heavily on the suspect's
criminal history. Because
the incident happened on an
campus and the suspect was
a student, the R.A. can file
charges under state law.

The students arrested on:

California Penal Code
Title 11: Crimes Against the Public Peace
Section 417 (a) (2) Every person who, except in self-defense, in the presence
of any other person, draws or exhibits any firearm, whether loaded or unloaded,
in a rude, angry or threatening manner, or who in any manner, unlawfully uses
a firearm in any flight or quarrel

Title 15: Crimes and Punishments
Section 626.3 Possession of firearm in school zone or on grounds of public
or private university or college.
Hernandez Has Space All A-Twitter

Ann Mazzaferrro  
Pacifican Staff Writer

If you follow #onorbit via the popular social networking site, Twitter, you may have noticed that the recent launch of the Space Shuttle Discovery has led to some Twitter messages in Spanish, a tribute to his Hispanic heritage; he is the first person in history to Twitter in Spanish from Space.

"Es increíble que estoy circulando el mundo cada 90 minutos. Se ve tanta belleza al instante! Ojalá cuidemos nuestro planeta," tweeted Hernandez on Sept. 1, adding a translation that read, "It's amazing to see how beautiful things are from space. "

Hernandez is giving young people the opportunity to transform their lives," said Eibeck. The number for transfer students should end up being 228 according to Eibeck. That predicted increase puts the number of enrolled students up by 140 this year. Eibeck also added SAT scores are higher for incoming students than previous years. The average SAT score was 1187, which is a 25 percent increase from last year.

President Eibeck then moved the conversation to the finances of the school.

"We are going to feel the pinch of the economic downturn," said Eibeck. She added that Cal Grant will cut 30% of undergrads at Pacific, and that those grants will be cut by 5% next year. Eibeck stressed the importance of increasing Pacific's endowment to help shield the school from the issues affecting the economy.

She also talked about Pacific's connection to Stockton.

"Stockton's health is essential to our health," she said. She also noted that she is working on the community. She stressed the importance of finding out what the people of the Pacific and Stockton communities can do to fix Stockton.

President Eibeck closed her remarks by outlining her priorities during this school year. Her first priority is her listening campaign, which involves her chats by the fire pit, office hours and other visits around the three campuses.

Along with the help of Ted Leland and the Jacoby Center, she has planned to do at least five more community forums this year. She also plans on maintaining the balance of Pacific and improving recruitment. Eibeck wants to expand marketing and fundraising capabilities and endowments at the school.

She finished her list with the upcoming pursuit of finding a new president.

"Before a very brief question and answer session, Eibeck ended by telling the audience, "we have an exceptional future at University of the Pacific." The questions brought up by the audience covered the topics of the idea of a professional men's soccer team, application and recruitment ideas, expanding the international school and their programs, and the possibility of a current intramural men's lacrosse team being recognized as an official team at Pacific.

PROGRESS, continued from cover

Explore Pacific! Become an Ambassador

Nathan Quist  
Guest Writer

The Pacific Ambassadors are currently seeking enthusiastic applicants of any year or major! Pacific Ambassadors serve as a vital point of first contact for new and prospective students. We lead campus tours, guide new student orientation and host special events on campus.

As a Pacific Ambassador you will have the opportunity to develop public speaking skills, learn the history of Pacific, become familiar with campus offices and departments, and network with staff, faculty and alumni.

Ambassadors are student leaders on campus and are often asked to represent the University at admission yield events, Presidential events and many other functions.

To apply, pick up an application at the DeRosa Center front desk, Office of New Student & Family Programs or check us out online at web.pacific.edu/ambassadors.xml.

Applications are due to the Office of New Student and Family Programs, 2nd Floor McCaffrey Center, no later than 5 PM on Friday September 25.

Add us on Facebook - Pacific Ambassador Recruitment '09-'10

Nathan Quist
A Broken Relationship Turned into a Running Friendship:
Can You Stay Friends with Your Ex?

Alex Ruano
Co-Editor-in-Chief

The scene seems to replay itself all the time: two people who were attracted to each other break up (for some reason or another), and part ways never to speak to each other again. This complete severing of the relationship, I feel in most cases, is a bit extreme. Of course, there are those horrible situations where any sane person would look at it and see that the two people should stop talking at all. I am not here to talk about those irreparable situations, but the gentler of the breakups. It is there that I feel that disconnecting from your ex completely can actually be more harmful than good.

Now that we have left high school far behind us most of us are beyond dating people for their looks or any other variety of "status checkpoints" to advance us personally in the social ladder. Generally, people in college find genuine connections with people and create real affection for each other. These affections are based on interests and other personality traits that we find likeable. They are the same traits that help us find people that we can be friends with. It is as simple as that; a mature relationship is only a friendship where feelings grow stronger. It is like a friendship upgrade.

If your relationship is based on connections like these it is easy to see how you could bring your relationship back to a friendship. Just because it did not work for you two as lovers does not mean all the other connections you had have to be thrown out as well. If the breakup is smooth or even explosive and may take months to recover, you can still reconnect with your old lover and re-emerge friends.

Ex's make as good a friend as anybody else—sometimes even more so. They have been allowed into your mind more than anyone else. Just by the nature of your time together you have started to know each other like best friends do. Conversations are more rewarding and you understand what the other person needs before they say anything. If the two of you are able to keep the friendship going you will have a strong friend in your ex.

Relationships and friendships both require investment for them to improve and flourish. With friendships you have a long time to get to know each other and there is very little pressure throughout the time you are friends. Relationships require a high amount of investment in a short amount of time. In friendships it may take years to fully understand your friend and their behavior and likes and dislikes. This same process is accelerated when you are with someone. You try to gain as much info about them and vice versa so you can enhance your relationship and tailor your events to suit the two of you.

Why should all that hard work be thrown out when you break up? That information gathering and intimate setting of a relationship puts the comfort level for the two involved higher than typically with friends. It's hard enough finding people worthy of being friends these days. Why make it harder by throwing away some of the best candidates you didn't know you already had?

Now Vs. Then: A Big Girl’s Take on Drugs and Booze

Ally Mengarelli
Pacifican Staff Writer

Back when I was a wee lass, weekends were tame.

Instead of hitting the town for some well-procured booze and a night of dancing as so many college kids do these days, I would revel in the company of my girly friends, paint my nails, watch TGIF (Thank God It's Friday) programming, and fall asleep by eleven.

No liquid motivation was required to make the night more alluring and everyone remembered the previous night's occurrences upon waking the next morning.

I was a goody-two-shoes of sorts and vowed to never drink alcohol or take drugs, not only because they hurt the body and changed the consumer, but because I was terrified of them.

And unless you grew up in a hole somewhere in Timbuktu, you probably were, too, as you undoubtedly received the same warnings I did. These usually conveyed the same message: don't take any edibles or candy from strangers. This held especially true around Halloween, when goodies were distributed by the handful, up and down the street.

And who can forget D.A.R.E., the class in which they stressed the importance of steering clear of any fun parties, to stray from the strangers that offered you candy, and to never, under any circumstances accept baked goods from any questionable characters (especially those sporting dreadlocks, tattoos, nipple or facial piercings, and/or anything made from macrame).

Unfortunately, I, ever the obsessive compulsive child, took these warnings to heart, not only determined never to accept such goods from a stranger, but to never leave my drink or food left unattended.

I worried someone would sprinkle cocaine on my breakfast muffin, or inject heroin into my juice carton.

The collective warnings caused my imagination to draft these elaborate scenarios where these strangers would stop at nothing to destroy our youth!

As a result, I was vigilant about never, ever drinking or experimenting with drugs.

Fast-forward to my present, more mature self and my stance on the matter has dramatically changed.

I now know no one would willing spend their hard-earned money on a hefty supply of drugs, then knowingly place it into a batch of candy or baked goods, and give it out for free! No, no, no—those types of favors are reserved for close friends only.

And if this statement were to be proved wrong and someone told me about such a character, there would be no fear. Instead, I'd actively seek them out because, hey—free drugs in a time of recession? Now that's community service! These folks should get a medal of some kind for being so damn charitable!

As for the vow of eternal sobriety? Well, I think that's something we can discuss over a few (or seven) vodka tonics.
Wal-Mart Goes Viral?

Jasmine Patel
Pacifican Staff Writer

Wal-Mart is one crazy place. Who hasn't been to one, and not come out having seen some strangely looking or even acting people? According to CNN's website, the latest viral internet hit is a blog that targets Wal-Mart shoppers.

Two brothers, Andrew and Adam Kipple, run the blog. They and their viewers can post pictures of shoppers who basically seem to look out of the norm. For example, one picture shows a customer dressed up as Captain America, and another one depicts a shopper with their pet goat. Yes, that's right, a goat. The idea of starting the blog came to the brothers after they visited a South Carolina Wal-Mart, and saw a mother, who they believed to be a stripper, wearing an inappropriate T-shirt with her child in a harness. Their page has received around 1.2 million views, and continues to grow daily. It should be noted that they do regulate what gets posted. I visited this site, and got a few laughs. The pictures are appropriately labeled, and provide a humorous caption. Check it out for yourself at peopleofwalmart.com.

Not to my surprise, while researching this topic of Wal-Mart, I also came across another bizarre story. At a Wal-Mart in Georgia, a man apparently lost his cool towards a crying toddler, and proceeded to hit the child at least four times. Honestly, it doesn't get any weirder than that. Seeing a creepy-looking person at Wal-Mart is random, but this story is just the cherry on top.

After reading these two articles, I can definitely say that Wal-Mart is a pretty intriguing place. No, people do dress not so normally when they shop there, but nothing too crazy. Even the Stockton Wal-Mart, located on Hammer Lane by Highway 99, has relatively regular, everyday shoppers.

The viral blog provides the viewer with a crude form of entertainment, but it also has a negative aspect to it. Who cares what people dress or look like when they shop? If a Captain America costume is what the consumer is comfortable with, then so be it. This situation can be funny if one were to witness it at the moment while shopping. I would joke and laugh about it too; it's just natural. However, taking and posting pictures of shoppers online? It seems more like an invasion of privacy than anything else. Would you honestly want a picture taken of you by some stranger, and put up for the whole world to see? I don't think so.

Japan Rewards Citizens for Raising Children in Landslide Democratic Victory

Erica Gilbert
Pacifican Staff Writer

When we got back to school at the end of the summer, my friends and I traded stories about how the economy has been affecting us back home. A local business in the middle of the tourist area in my town for 21 years closed its doors this past spring. Buildings are becoming abandoned all over the country, and my college savings as well as my parents' retirement money have been reduced.

Unfortunately, we're not the only country going through hard times. Japan's unemployment is now at 5.7%, the highest it's been post-World War Two era. Just like the United States, Japan also went through a Baby Boom period, and just like the United States, their Baby Boomers are getting older. By 2015, over 1/4 of Japan's population will be over 65 years old. In a harsh economic environment, where family means everything to their culture, the Japanese people are uncertain about their future.

Many factors led to the complete upheaval of political parties in Japan this past month, but the uncertainty was the driving factor. After having spent almost the entire post-war period under the Liberal Democratic Party (LDP), Japan has switched to the Democratic Party of Japan (DPJ). Unfortunately, a few of the promises made by the DPJ seem unnerving to some. The website Canada.com states, "Economic experts worry spending plans by the democrats, a mix of former LDP members, ex-Socialists, and younger conservatives founded in 1998, will inflate Japan's massive public debt and push up government bond yields."

The spending plans on the DPJ agenda include monetary compensation for raising children. Japan already rewards new mothers with 350,000 yen ($3794.59) with the birth of each child. The spending plans on the DPJ agenda include monetary compensation for raising children. Japan already rewards new mothers with 350,000 yen ($3794.59) with the birth of each child. The new plan is to also give families 26,000 yen ($281.56) a month for each child through middle school. The DPJ hopes that this will encourage Japanese families to have more children and to help the cost of raising a child in Japan.

Part of the hope is that if the Japanese population can stop itself from rapidly declining, when the Baby Boomer generation reaches an older age, the economy won't collapse even more. Unfortunately, Japan is also experiencing a very high budget deficit, which will make the idea of giving money to families with children difficult. Despite, or perhaps because of, Japan's economic climate, the DPJ won in a landslide victory over the LDP. Promises include not raising the Japanese 5% sales tax for four years in order to concentrate on cutting wasteful spending along with the new plans to aid families. Hopefully, the DPJ will be able to live up to the country's expectations.

Japan also went through a Baby Boom.

Japan's unemployment is now at 5.7%.

On This Day....

1796 - U.S. President George Washington's Farewell Address was read before the U.S. Congress.

1911 - The first transcontinental airplane flight started. It took C.P. Rogers 82 hours to fly from New York City to Pasadena, CA.

1961 - The Minnesota Vikings were debuted as the new National Football League (NFL) team.

1953 - Ernie Banks became the first black baseball player to wear a Chicago Cubs uniform. He retired in 1971 known as 'Mr. Cub'.

September 17
How I Paid for College: A Novel of Sex, Theft, Friendship, and Musical Theater Review

Erica Gilbert
Pacifican Staff Writer

When I was in fourth grade, my parents took me to see Annie at our local theater, and from then on, I was hooked. However, only one musical a year was what we could afford. I would eagerly flip through the advertisements we got in the mail, hunting for a good musical. In my elementary and middle school, my peers didn’t understand my fondness for singing West Side Story, Kiss Me, Kate, and A Chorus Line songs. I wore Rent t-shirts in gym class to make a statement. It was towards the end of my high school career that we discovered Marc Acito’s novel, How I Paid for College, which each friend of mine declared the story of my life.

The novel begins with Edward Zanni, an Italian-American teenager in 1983 who is about to graduate high school. Growing up in the suburbs of New Jersey, Zanni and his rag-tag team of friends start off enjoying the summer before their senior year, which includes inducting a jock and a Persian beauty into their Play People group, playing hijinks dubbed Creative Vandalism, and sending birthday cakes to Coco Chanel.

Things quickly go downhill, though, when Zanni’s new stepmother (or stepmonster) convinces his father to not pay for Zanni attending acting school. This comes as a shock to Zanni, and he and his friends decide to find a way for Zanni to go to Julliard so he won’t have to work at Chicken Lickin the rest of his life. Littered with references to theater, or as Zanni calls it, ‘culture,’ this novel is truly the story of every “Play Person.” Acito can make you laugh out loud one minute, cower in fear the next, and just want your mom to hug you five minutes later.

Zanni’s journey from New Jersey kid to the ability to overcome his conflictions with his father, and friends that are more like family than anything else, is a full-fledged relationship. But, along with the smitten feelings, comes a rush of haziness. You wonder if he talks about you to his friends—how much do they know? Do they talk about what happened under the sheets, or do they talk about feelings? And what about her? Does she tell all of her friends that she wants a relationship? Is she a psycho who has fallen hard after the first romantic encounter?

But sometimes you are the one who feels more invested in the relationship than the other person. You avoid talking about feelings at all costs, just so you won’t sound desperate.

Ah, so many emotions and feelings. Chances are, if you’re feeling a certain way, so is the other person. But then why is it so hard to bring up the subject? Often, many individuals in college will find themselves only discussing emotions in a drunken state, amidst a hook up. And if it’s not that scenario, the subject of one person liking another person is discussed amongst common friends.

One person will tell someone, usually on purpose, that he likes the girl. After craftily making this maneuver, he plays the waiting game. Next, he will get confirmation as to whether she “likes him back.” Since this is quite a common process, if she doesn’t, he moves on to the next girl. But if she does, the game has only just begun.

Next comes the sequence of texting back and forth. The girl analyzes each text she receives, while the guy sends away... slowly. The boys’ texts are all thought out and sometimes even discussed with his friends.

Ladies, be warned: the general rule of thumb is that it is okay if he takes forever to respond, but once a girl doesn’t respond to a seemingly urgent text, it’s over. Even better is when the girl tries to play the texting game, but fails miserably, and the guy is uninterested in playing her way.

But assuming the texting goes well, the boy will casually invite the girl of hang out, while the girl methodically prances around campus in her cutest outfits, hoping that she runs into him. Once the friends are okay with the couple, the relationship has really started. Once people are disgusted by the cuteness, the relationship is going somewhere. And once it’s “Facebook official,” you know that’s it real.
Senior Profile: The Curious Case of Benjamin Hagerty

Christine Le
Pacifican Copy Editor

Few people are noble enough to devote themselves to a career of helping parts of the world. Ben Hagerty is one of these noble few.

Hailing from Pleasanton, California, Hagerty is an International Studies major who spent last semester studying abroad in France. Aside from trying his best to survive in an area where minimal English is spoken, he had the opportunity to look into job and educational opportunities related to foreign aid. Specifically, he partook in an interview with the World Intellectual Property Organization (WIPO) in Geneva, an agency of the United Nations that deals with patents.

"Talking with WIPO, I learned a great deal about the philosophical mission climate of the UN," said Hagerty. "I really want to work in foreign aid, and to help parts of the world that need it."

According to Hagerty, many people have that I never considered before. Being in college, especially as an International Studies major and studying abroad, has taught him to appreciate these things more and how to operate in a world of such great diversity.

Hagerty also mentioned a stronger sense of perseverance and calmness as the outcomes of his college experience.

"Studying abroad in France, I had to learn on-the-go. I stayed in an area where few people spoke English, so learning how to adapt to new social norms and making new friends was something I knew I had to do," he said. "It all comes down to keeping an open mind. Solutions are always attainable, and problems can be figured out."

Speaking of keeping an open mind, Hagerty also learned the importance of managing his time in a more balanced fashion. Being an academically-oriented high school student, he entered college with a similar mindset, but soon ventured beyond his studies.

"My life philosophy is that there is no such thing as a bad experience. Even if the outcome is not what you want, you still learn something from it. At Pacific, I started engaging in more interests and organizations that catered to those interests. I've learned that it's good to always be inquisitive. You never know where it may lead you."

Hagerty would most likely not agree with Charles Dickens' classic, Great Expectations.

"One of the other things I've learned in college is that the fewer expectations you have when going into something, the freer you are in adapting to the situation. This helped me out when I studied abroad in France. Also, when entering here as a freshmen, I didn't expect that I'd make as many friends when entering college; and the contrary result has been quite pleasant."

Besides studying abroad, which Hagerty claims as his most tactful experience, his proudest accomplishment in college is merely being in college. As someone who values education, Hagerty is thankful to have received a higher education, as well as to have participated in campus life.

"I just feel so fortunate to be here, especially in these economic times when so many people can't afford college," he said.

Hagerty's advice to freshmen is to reap new opportunities, even those that are not foreseeable, and to seize every moment.

"This is a great time in one's life. Take advantage of every moment; you never know what you can produce even in a fraction of a minute."

As for seniors, Hagerty advises the class of 2010 to persevere in the tough job market, and to not be discouraged if the dream job or prestigious graduate school does not come right away.

"It's not the end of the world. Every experience and opportunity may or may not take you directly to your desired goal, but you'll get there. Like my favorite Einstein quote says, within difficulty lies opportunity," he said. "Just always be inquisitive and cognizant of what's going on, and enjoy every moment."

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LIFESTYLES

GAMES AND PUZZLES

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Today's cryptopquip
clue is: R equals T

Answers on page 6
Movie Review: 9

Courtney Wood  
Pacifican Staff Writer

9 features cleverly detailed CGI, but its slight storyline misses the mark when it comes to captivating viewers. 9 is the work of up and coming director Shane Acker, but established movie maker Tim Burton lends a hand in production. Acker’s Oscar-nominated short film, also entitled 9, is what this full-length film is based on. 9 relies on the voice talents of several well-known stars, including Elijah Wood, Christopher Plummer, Jennifer Connelly, and Martin Landau.

The movie centers around a sack doll, known only by the number 9 written on his back. The doll (voiced by Elijah Wood) first awakens in the workshop of The Scientist, his creator. He peers out a window at a desolate world in which technology has destroyed all of mankind. As he ventures out into the ruins of civilization, Number 9 encounters eight other sack dolls with numbers on their backs, and they band together to battle the mechanical beasts who have ransacked the world.

9 has the potential to be intriguing, but it ultimately lacks general appeal because much of it seems as though it has been done before. For instance, films concerning the end of the world, the apocalypse, the obliteration of mankind, doom, etc. have been hashed and rehashed so often that it is difficult to approach the idea from a fresh and interesting angle; and, unfortunately, 9 does not find that interesting angle. Also, many movies foretell of technology that will turn against humankind, and 9 does little to polish this dull, overused premise.

Somehow, the film is almost bland, even though it is spiced with action, fighting, and the flavor of destruction. The story just does not seem to have the magnetic qualities needed to effectively engage every viewer.

Despite its shortcomings in other categories, 9 certainly is not lacking in the graphics department. It is clear that every scene was rendered with painstaking attention to detail—the colors and textures of each image are artfully suited to the gloomy atmosphere of the film. It is regrettable that the movie’s storytelling is not as rich as its visual aspects.

Yes, the CGI is wonderful, but even that is not enough to keep the audience entertained for 79 minutes. The empty dialogue is inconsequential to the story, and the characters, while artistically well-designed, could use a bit more emotional development. 9 packs a visual punch, but lacks the power to bewitch.

Colds vs. Allergies

Andy Lee  
Pacifican Staff Writer

As the weather gets colder, there is a higher tendency for people to get sick. However, there’s always the question of whether one just has allergies, and that it’s a seasonal thing, or whether one has an actual cold and should stay away from people to avoid spreading the cold, or worse, start a worldwide outbreak. The noticeable differences are the differing running noses that are faced. Those with allergies see clear-colored liquid that is somewhat water-like. Those with a cold do start running with some clear liquid, but there will be noticeable yellowy or greenish parts that won’t be present with allergies. Those with allergies won’t have fevers, whereas those with colds will.

Those with allergies shouldn’t feel very tired or face muscle fatigue, but those with colds will.

Those with allergies will face symptoms as soon as they are exposed to any allergens they are allergic to. If the symptoms seem to happen at the exact same time every year, it could be seasonal. Colds, however, take one to three days to break out, and require exposure to the cold virus from contact. Colds will conclude after a week, but allergies vary—it can last much longer than colds or be a brief attack. Those with allergies can try to avoid contact with the allergens they already know they have reactions to.

For those with colds, or those who are in contact with those who have colds, washing hands frequently is the best practical way to prevent spreading or getting a cold, or one can simply stay away from people. For those with allergies, there are antihistamines (Benadryl, Claritin, Zyrtec, etc.), or nasal medications (must require a prescription, however). Those with colds can also use the antihistamines listed above, but should use decongestants (Robitussin, etc.) or NSAIDs (ibuprofen, Tylenol, etc.) for aches.

New iPods and iTunes Break Cover

Andy Lee  
Pacifican Staff Writer

At Apple’s Rock and Roll event last Wednesday, the company unveiled their annual changes to their iPod lineup. iPhone users received a minor firmware upgrade to iPhone OS 3.1.1, which added a ringtone store and the same Genius song recommendations capability that new iPods had. iTunes was upgraded to 9.0, with a redesigned menu system, inclusion of new iTunes LPs, which give purchasers many of the things missed in buying an album digitally, like liner notes, videos, and photos. 9.0 also brings application management for iPhones and iPod touches, which will relieve owners who have 64GB unit available for $399, and an upgraded CPU to match the speed of the iPhone 3GS. The iPod Classic’s size was increased to 160GB while retaining its original price. The iPod shuffles received four additional colors, including a new special edition that is made entirely of stainless steel. The second-generation iPod shuffle will no longer be sold alongside its newer version.

While the other iPods received minor modifications, the fifth-generation iPod Nano had better things in store. Like the update to the new Nintendo DSi, the new iPod Nano now has a video camera on the back, in addition to the screen increasing in size, the new addition of a new FM Tuner that can pause live radio, and a new pedometer feature, while retaining mostly the same thickness.

NUTRICAT

Want information on diet and exercise? Ask NutriCat! Join us each week for tips, advice, and current events related to nutrition, exercise, and well-being. Follow NutriCat on Facebook and Twitter!

Do you find yourself struggling for energy by the end of the school day? Revamping your afternoon snack option may help. Snacks with protein and carbohydrates help to restore and provide energy. Suggestions: trail mix with low-fat yogurt, vegetables and hummus, pretzels with peanut butter, lunch meat roll ups with veggies, whole-grain cereal, banana and milk.
How To...Print a Nice Envelope through Microsoft Word 2007.

Andy Lee
Pacifican Staff Writer

Want to make sure your lovely letter makes its way home, without being afflicted by messy handwriting? Want to have a nice printed envelope to hold your printed contents within? Too lazy to hunt for a pen? Perhaps get on top of the Christmas season and print those 500 envelopes for Santa before those kids flood the mailboxes. Note: This process only works with Microsoft Word 2007.

First open a new Word document. Find the “Mailings” tab that should be right of the first tab, "Home". Double-click the "Mailings" tab if it is not already expanded. On the leftmost box on the expanded ribbon box that expands when "Mailings" is double-clicked, it will show an image of an envelope with the word, "Envelope" below it. If the Word document is not in full-screen mode, the leftmost box will be simply a small image of an envelope with the word "Create" below it. If so, simply click anywhere within the "Create" box to see the "Envelopes" button. Upon clicking the "Envelopes" button, a box will pop up asking for the delivery and return addresses of the envelope. It will be printed automatically unless they are changed manually.

In addition, Microsoft has added options for Electronic Postage, which can be omitted by clicking the box, "Omit". If changes are designed to the layout, "Options..." can be clicked. A menu will pop up and ask for the envelope size. If you do not know, you can measure the envelope with a ruler or check the box which it came from. The delivery and return addresses will be already automatically organized. Check the preview of the envelope to check if the address are organized correctly. The second tab on the menu is: "Printing Options", which is defaulted for feeding in the center, with the stamp side going first into the printer. It can be changed by clicking the other image boxes. Also by clicking "clockwise rotation", the feeding positions can be rotated clockwise. The envelope can then be directly printed without going back to the Word document by clicking: "Print".

If images are desired or font changes, click: "Add to Document". This will send the envelope form onto a word document. From there, you can add images and change the fonts as normally done on a Word document. To print, simply print as if it were a normal Word document. If the feeding format and/or envelope sizes need to be changed after the envelope has been added to the Word Document, go into the "Options" menu and make any respective changes and click "Change Document" on your way out. Then print by clicking the round Office button the top left corner and going down to Print. Done!

Guys Have to Grow up Someday

Feature Brand: 3sixteen

Johan Lam, 24, who bring both a west-coast and east-coast feel to their products with offices in both New York and Los Angeles. Part of a growing trend, the brand was launched without anyone having any formal education in fashion and/or garment production. While beginning the company with a heavy emphasis on graphic t-shirts, with experience and the help of a loyal fan base, 3sixteen has developed a full Spring '09 collection featuring cardigans, flannels, jackets, and denim jeans of the highest quality. 3sixteen is known for their use of dark graphics, often Armageddon/death-themed. According to owner Chen, graphics have the ability to present a clear message and personalize the garment worn by the consumer. For instance, after departing ways from his old business partner, Chen released the Winter line entitled, "Tomorrow is not Promised."

"A lot of things went down that I was saddened by, but in retrospect I learned a lot. For starters, I now treat the company as temporal. In fashion, every brand's goal is to create something timeless— but at the end of the day, everything that you hold dear can be gone in a blink of an eye. What makes our graphics unique to 3sixteen is the fact that they are authentic to who we are," ("3sixteen label", Hypebeast). The upcoming line marks the complete evolution of a once "street-wear" brand of strictly t-shirts, to a now full clothing brand in the sense of the term. With a detailed approach in the fabrics utilized, such as lightweight cotton herringbones and dual jerseys, the designs have resulted in classic pieces that will be worn time and time again for years to come. One piece that stands out is the khaki double-breasted peacoat. A true men's-wear brand must be able to be taken seriously and treated the company as temporal. In this case, the consumer. For instance, after departing ways from his old business partner, Chen released the Winter line entitled, "Tomorrow is not Promised." "A lot of things went down that I was saddened by, but in retrospect I learned a lot. For starters, I now treat the company as temporal. In fashion, every brand's goal is to create something timeless— but at the end of the day, everything that you hold dear can be gone in a blink of an eye. What makes our graphics unique to 3sixteen is the fact that they are authentic to who we are," ("3sixteen label", Hypebeast). The upcoming line marks the complete evolution of a once "street-wear" brand of strictly t-shirts, to a now full clothing brand in the sense of the term. With a detailed approach in the fabrics utilized, such as lightweight cotton herringbones and dual jerseys, the designs have resulted in classic pieces that will be worn time and time again for years to come. One piece that stands out is the khaki double-breasted peacoat. A true men's-wear brand must be able to be taken seriously and treated the company as temporal. In this case, the consumer. For instance, after departing ways from his old business partner, Chen released the Winter line entitled, "Tomorrow is not Promised."
Tiger X Schedule for Week of Sept 17 - Sept 24

9/17
Cycle Fit
7:00-7:45AM
Rubber Room-
Lunch Time Yoga
12:1-1:00PM
Wood Room-
Cardio Dance
5PM-6:00PM
Wood Room-
Capoeira
7:8:00PM
Rubber Room-
9/18
Pilates
7:00-7:45AM-
Boot Camp
1:30-2:30PM-
Hip Hop
3:00-3:50PM-
Pilates
4:45-5:45PM-
9/21
Cardio Dance
4:6:00PM-
Wood Room-
Yoga
5:30-6:45PM Wood Room-
Self Defense Class
7:3PM-
Wood Room-
Cycle Fit
7:6:00PM
Rubber Room-
Cardio Dance
5PM-6:00PM
Wood Room-
9/22
Cycle Fit
7:00-7:45AM
Wood Room-
Lunch Time Yoga
12:1-1:00PM
Wood Room-
Yoga
5:30-7:0PM
Wood Room-
9/23
Gentle Yoga
12:15-1PM
Wood Room-
*Merengue*
7PM Wood Room-
Zumba
4:30-5:30 WR-
Yoga
5:30-6:45 WR-
9/24
Cycle Fit
7:00-7:45AM
Rubber Room-
Lunch Time Yoga
12:1-1:00PM
Wood Room-
Cardio Dance
5PM-6:00PM
Wood Room-
Capoeira
7:8:00PM
Rubber Room-

Har-Sean's Sports Update

Harshan Samra
Pacifican Staff Writer

I'd like to welcome everyone to the first ever Har-Sean's sports update which pretty much takes DeSean's sports update and puts Harshan's own little spin on it.

NFL
Are the 49ers really that appalling where rookie wide receiver Michael Crabtree refuses to play for a paycheck in the seven figures? I know of a certain writer (cough, cough, me!) willing to play for the Niners for a mere seven bucks and a honeybun.

McNabb, Mike Vick, Kevin Kolb and now Jeff Garcia. How many QBs does Philly need?

Fantasy Studs: Drew Brees.
Four touchdowns in one half, shall I say more? It seems as though Brees is picking up exactly where he left off in 2008, 34-touchdown season. If for some weird reason he was on your bench last week, start him!

Philadelphia Eagles Defense.
Lets show the defense some fantasy love! With multiple interceptions, sacks, and touchdowns against the Panthers the Eagles defense doesn't seem to have lost a beat since losing coordinator Jim Johnson (R.I.P.) to skin cancer. True, defenses shouldn't be the focal point of any fantasy team but a defense can make or break it in a close game.

Fantasy Dud: Willie Parker.
Oh how the mighty have fallen. Four seasons removed from the longest run in Super Bowl history, Parker may be taking the backseat to teammate Mewelde Moore who has shown to be less hesitant to hit the holes and run between tackles. Last week "Fast Willie" rushed for 19 yards on 13 attempts against a Titan defense that played their first game without "Mack Truck" Albert Haynesworth. With the Urlacher-less Bears only allowing Packer Ryan Grant to rush for 61 yards last week, don't look for much from Parker, bench him!

NBA
"It all started with that little round ball. I think if you take that away from any of us, I'm pretty sure we would have struggled in life." -Michael Jordan in a news conference at his Hall of Fame induction. I think MJ might have a point as square balls would give many of us troubles. All jokes aside, congratulations Air Jordan on one hell of a career.

College FB
As Tennessee faces Florida this week, I am positive Florida coach Urban Meyer has not forgotten Tennessee coach Lane Kiffin's accusations of cheating from earlier this February. Florida and their alleged "cheating ways" should dominate Tennessee but if that revenge tactic doesn't work, Meyer could always resort to having Oregon's Legarrette "Punch 'Em" Blount pay Kiffin a little visit.

Game of the Week: Georgia Tech V. Miami (FL) Thursday, September 17.
Ok, so this match up might not be as hyped as last week's USC V. OSU game but after an exciting defeat of Florida State, the 'Canes may be looking to repeat against the Irish ranked Yellow Jackets. The outcome will be a great indicator of whether or not "The U" is truly back.

MLB
What a great week to be a Yankee fan. Not only did Derek Jeter pass Lou Gehrig's franchise hit record last Friday but the MLB will reportedly be allowing Rodriguez walk away from his current steroid investigation (in which he confirmed steroid usage while with the Rangers) unpunished.

MMA
I don't know about you, but the way UFC is promoting Kimbo Slice for the already taped season of Ultimate Fighter 10 just gives me a feeling. I mean, when has any fighter on the show received this much early media attention when it's typically the coach getting all the pre-season limelight?
Pacific Women's Soccer: 
Pacific Gets Back on Winning Track, Blanks Fordham 2-0

Media Relations

Reeling off a double overtime tie on Friday, the Pacific women's team got back into its winning ways and claimed a 2-0 shutout over Fordham on Sunday, Sept. 13.

With the win, Pacific improved to 4-2-1 on the year, as Fordham dropped to 0-6-1.

After a scoreless first half, freshman Laura Hernandez (Seattle, Wash.) struck the game-winning goal in the 74th minute. Freshman Maricela Padilla (San Jose, Calif) pulled through the defense on Pacific's side of the pitch and found Hernandez in front of the net. Hernandez then one-timed it in, swatting the ball past a diving goalie, Rachel Suther, from 10 yards out where she found the back post.

"I was pleased with the effort we put forth in the second half," head coach Keith Coleman said. "We did a nice job overcoming the double overtime game at Sac State and the altitude here in Reno. I'm very happy with this result."

Hernandez's goal put Pacific up 1-0 early into the second half and gave the freshman her second goal this season, while Padilla nabbed her second assist in 2009.

The freshman duo again carried the Tigers closer to victory 10 minutes later, when it was Padilla scored her own goal at 83:01. She now leads the team with four goals this season and has scored in three of the Tigers' last four contests.

Hernandez initiated the goal when she juked her defender down the left sideline and took off dribbling towards the endline. Hernandez then tapped the ball to Padilla who crossed the ball into the goal and secured the Tigers' 2-0 win.

Pacific got off to a slow start in the first half as the Tigers and Rams both ended up with two shots apiece. Fordham could only muster one shot on goal in the first period, when Katie McDermott tried to sneak one past junior goalie Jill Medigovich (San Diego, Calif) 14:38 into the game. Medigovich was there to grab the save and scrap the Rams' chances of scoring in the first half.

Medigovich snagged her second save of the game in the second half, keeping the Rams scoreless. After today's victory, she has not allowed a goal in two-consecutive games. The Tigers' keeper now has 19 saves on the season and has lowered her goals against average to 0.83 per game.

Pacific persisted to find its rhythm in the second half after Fordham employed an aerial game in the first half that the Tigers struggled to break. But in the second half they successfully managed to stop it, keeping possession of the ball for the majority of the half, which paid off in two goals towards the end of the game. Pacific's victory also demonstrated a great deal of heart and persistence as they were without starter freshman Kortney Agdeppa (Lodi, Calif.), who drew a redcard ejection on Friday.

The Tigers next return to action when they return home to Stagg Stadium for a 7 p.m. contest against Fresno State on Friday, Sept. 18.
Tenth in the Nation!
Men's Water Polo Dominates Recent Tournaments

Kelly Volkar
Pacifican Copy Editor

The Pacific's Men's Water Polo Team competed in their first tournament over Labor Day weekend and their second tournament this past weekend. They took the East Coast tournament by storm, blowing away the MIT Invitational with their talent.

The team won five straight games, beating MIT, Harvard, Redlands, Brown, and St. Francis. This has provided a great kick-off to their season. Winning their first five games of the season has now bumped their national ranking up to 10th, closely behind Long Beach. The team members are also confident that this is merely a precursor for what is to come.

They certainly have every right to believe so. At the Inland Empire Classic in Redlands this past weekend, they continued with their winning way, once again beating Redlands, then defeating Chapman, Occidental, and La Verne. Pacific lost an extremely close match to Concordia with the score ending 7-6 in the final game of the tournament. They ended the weekend with a record of 9-1.

A record of 9-1 is amazing and the team is not going to let it get them down. Part of the reason the team has every right to expect an immensely successful season this year is due to the influx of new players on the team. According to Hector Lam, a junior returner, the team only had about four to five players graduate last year, and have roughly doubled the size of their team this season.

Among these new players are three international players, two from Croatia and one from Hungary, bringing an international edge to an already outstanding team.

"We were ranked lower than we should have been, because we finished low at the end of last year, but we expect to do really well this year," Hector Lam commented. "We expect to finish much higher than we did before."

Considering their ranking has jumped to 10 after only two tournaments (they started the season ranked 13), they are clearly well on their way to fulfilling this prophecy.

So keep an eye out for the nationally ranked Men's Water Polo team; it will certainly be worth your time to follow their progress.

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