Honoring veterans

Deyanira Monreal
STAFF WRITER

Veteran’s Day, originally known as “Armistice Day,” is a federal holiday created to commemorate the end of World War I. In 1954, President Eisenhower signed a bill proclaiming Nov. 11 as “Veterans Day,” a reminder to honor all veterans of war and not just those of WWI.

The signature yellow ribbons and bows tied to trees can still be seen on Pacific’s campus; they symbolize the anticipation and safe homecoming of soldiers in combat or overseas. University of the Pacific recently became a qualified institution under the United States Department of Veteran Affairs “Yellow Ribbon Program.” This program became available to qualified veterans starting fall semester of 2010 and allows veterans to attend Pacific with a significant portion of their tuition expenses covered by both the Veterans Association and Pacific.

Last Friday, students, staff, and members of the Pacific community gathered in front of the DeRosa University Center in a demonstration to pay respects to the many men and women who have dedicated their lives through their service in the military. All in all, Friday’s presentation was very short, and Pacific students cheering for men’s basketball.

And the votes are in

Nancy Tang
STAFF WRITER

The California General Election took place on Nov. 6, 2012; there were 10 propositions that were on the ballots, from Proposition 30 to 40. According to the California Secretary of State’s page, which reported statewide ballot measure results, half of the ballot measures passed, including Proposition 30, 35, 36, 39 and 40.

Proposition 30 was Governor Jerry Brown's constitutional amendment that would temporarily increase taxation on the richest Californians to help close to the budget gap and generate money for schools. The announcement comes eight months after Pacific revealed that it will be leaving the Big West Conference and rejoining the West Coast Conference (WCC) beginning the 2013-14 academic year. While the ensuing press conference confirmed that men’s soccer will be making a return, the creation of women’s track and field and women’s sand volleyball were unconfirmed until Monday.

Both women’s sand volleyball and women’s track and field will begin competition in spring, 2013. In preparation for WCC competition, sand volleyball will compete in the Northern California Sand Volleyball Consortium, while track and field will run in several outdoor events.

The next era of Pacific sports

Ruben Dominguez
SPORTS EDITOR

University of the Pacific Vice President of External Affairs and Athletics Director Ted Leland announced Monday that, beginning spring, 2013, Pacific will introduce three new sports teams. Men’s soccer, women’s sand volleyball, and women’s track and field will be added into Pacific’s sports programs, bringing the total amount of teams to 19 (11 women’s teams, eight men’s teams).

“The addition of these sports,” Leland said in his announcement, “will expand our athletic profile and take us to another level. The men’s soccer team and the track and field team have long been identified as additions we’d like to make to our athletics program. Sand volleyball is being added because of the rising popularity of this sport and the opportunity to enter a new league devoted to the sport.”

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Men’s soccer, which competed at the NCAA Division I level until it was disbanded after the 1985-86 season, will begin competition in fall, 2014 with student-athletes that have been recruited. The team will begin WCC play in fall, 2015. Additionally, Pacific women’s volleyball head coach, Greg Gibbons, will take the same position with the upcoming sand volleyball team, while Josh Jones, Pacific women’s cross country coach, will coach the track and field team.

Leland also revealed that the three new sports will be funded by the existing Athletic Department Budget, meaning that no additional new funding from the university will be required to support the programs.

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What propositions passed this election

and local public safety programs. It is also known as the Schools and Local Public Safety Protection Act. This initiative passed with 54.3 percent in favor of it. This means that taxes on earnings over $250,000 will increase for seven years and sales tax will increase by 1/4 cent for four years. These temporary tax increases are planned to be used to help balance the state budget and indirectly fund schools through a build-in minimum guarantee for education funding that is tied to the general fund. The estimated fiscal impact will increase state tax revenue, averaging about $6 billion annually, over the next few years.

Proposition 31, which failed with only 39.3 percent support, was a constitutional amendment and a statute that was proposed to attempt to improve government efficiency and accountability by replacing our one year with a two year budget cycle, placing limits on the state legislature's ability to tax or spend by more than $25 million in a fiscal year. This would have given local government greater control over public programs and allowed the governor to unilaterally cut spending in times of fiscal need.

Prop 32, known as the Stop Special Interest Money Now Act, attempted to introduce key reforms to California's campaign finance rules, such as prohibiting union and corporate contributions to candidates and their committees and prohibiting unions from using payroll-deducted funds for political purposes. It failed with 43.7 percent in its favor.

Proposition 33, which failed with only 54.7 percent against it, would have changed the current law to allow insurance companies to set their prices based on if drivers have a history of auto insurance. Also known as the 2012 Automobile Insurance Discount Act, it would have allowed continuous coverage discounts to people regardless if they stayed with the same company or not.

If Proposition 34 had passed, it would have made California the 18th state without the death penalty; however, it failed with only 47.4 percent support. If this proposition had been supported by the majority of voters, not only would the death penalty have been abolished in California, but current inmates serving death row would instead be moved to life in prison without possibility of parole.

Proposition 35, with a solid 81.2% majority, introduces stricter penalties for convicted sex and labor traffickers, including an increase in prison sentences and fines, as well as requiring convicted human traffickers to register as sex offenders and to disclose their Internet activities and identities. The proposition would also expand the definition of human trafficking to include the production or distribution of child pornography. The expected fiscal impact is the cost of a few million dollars to state and local governments annually.

Proposition 36, passed with 68.8 percent in support. It revises the current three strikes law in California to impose life sentences only when the new felony conviction is of a serious or violent nature. If a person already had two serious or violent felonies on record, the sentencing for the third crime would be dependent on the nature of the crime. This proposition has a predicted fiscal impact of $70 million annually in state correctional savings and even greater savings in the future.

Both proposition 37 and 38 with 47.2 percent and 27.7 percent respectively. Proposition 37 has required consumer food prices based on any genetic engineering to be labeled as such. It would have prohibited these foods to be be marketed as "natural". Proposition 38 is a measure that conflicts with Proposition 30. Although Proposition 38 failed along with Proposition 37, the proposition with the most support would have prevailed. Both propositions protect education funding. If Proposition 38 had prevailed, it would have raised the income tax on most Californians, where 30 only targets those whose income exceeds $250,000 a year.

Proposition 39 passed with 72.1 percent in favor. As a result, multi-businesses will be required to income taxes based on the percent of their sales in California, and the money would be dedicated for 10 years to the creation and support of the Clean Energy Job Creation Initiative to fund clean and efficient energy projects. Fiscally, the predicted impact is a $1 billion annual increase in state revenue, half (up to $550 million) of which will be spent on energy efficiency projects.

Proposition 40 succeeded by 72.1 percent in favor of it. Since proposition passed, the maps as drawn by the California Citizens Redistricting Commission will not be redrawn. The approval referendum will have no fiscal impact on state or local governments. In the national election, all of California's 55 electoral votes went to the reelected President Barack Obama; he gained 59.3 percent of the popular vote, with 6,493,924 votes. Dianne Feinstein, the Democratic Senate incumbent was also reelected with 61.7 percent in her favor.
Targeted killings have also led to the death of Muammar al-Gaddafi. Intervention in Libya that made the headlines with the conflicts in the Middle East.

As part of the World Forum series, a Pacific School of International Studies (SIS) alumna, Cheri Kramer, lectured on Moral Murder: Legality and Ethics in Targeted Killing. It was held in the SIS building on Nov. 12 at 1 p.m. and was open to the public.

The topic was appropriate because of the recent surge, particularly under the Obama administration, of American use of drones in the armed conflicts in the Middle East. Targeted killings have also made the headlines with the death of Osama bin Laden in Pakistan and the international intervention in Libya that led to the death of Muammar Gaddafi.

Kramer graduated with a J.D. from Santa Clara University and specialized in public international law. As part of her studies, she received a grant to Washington, D.C. and conducted interviews there with specialists in the fields of ethics and law, specifically those with knowledge about targeted killings in warfare.

"I tell people that I study the rules of armed conflict, and they usually laugh," Kramer said, pointing out that to many, the idea of rules specifically those with knowledge about targeted killings in warfare.

On moral murder: A lecture by Cheri Kramer

Christiana Oatman • Opinion Editor

As part of the World Forum series, a Pacific School of International Studies (SIS) alumna, Cheri Kramer, lectured on Moral Murder: Legality and Ethics in Targeted Killing. She explained the two parts to Law of Armed Conflict (LOAC): jus in bello (which are the rules of how to fight in armed conflicts/wars) and jus ad bellum (which are the rules of when to declare war/enter an armed conflict). In jus in bello, the military has to determine distinction—meaning who they can and cannot target—and proportionality—meaning they have to attack in proportion to the estimated amount of damage. In jus ad bellum, there are three legal reasons for entering a war: self-defense (using force against a state that used it first against you), a United Nations resolution (the war in Afghanistan is the most prominent example of this) or responsibility to protect, which is when a state is abusing its own civilians and the international community can violate that state's sovereignty in order to protect basic human rights of the combatants.

Under international human rights law, the Caroline doctrine is recommended. The doctrine argues that the only appropriate time for killing is when the danger is instant, overwhelming, leaving no choice of means and with no moment of deliberation. Targeted killings very rarely follow this doctrine.

Because of the standoff of different legal principles that could argue for or against targeted killings, Kramer and other scholars in the field also consider ethical principles when discussing the issue of targeted killings. Ethicists struggle with the issue of sovereignty, in particular the question of is protecting a country's citizens more important than preserving another country's sovereignty? Ethicists also deal with the issue of "playing God," in particular with the issue of drones and counterattacks. Too often, civilians end up as collateral damage in attempts to kill enemy soldiers or terrorists in acts of war. Even though this is frowned upon under jus in bello, do the ends of killing or capturing the enemy justify the means of potentially killing innocent people?

Kramer left questions like this open for the audience to consider for themselves. Ethical and legal issues such as targeted killings are too complicated for there to be an easy answer. Governments and militaries have struggled with coming up with answers for years, and oftentimes have not satisfied themselves, their civilians, or the international community.

In one of the few moments when Kramer argued an opinion, she claimed that the CIA and other top-secret organizations may earn more trust from the United States and/or the international community if they are more transparent with the civilian population. She cited examples of revealing training techniques to prevent the enemy becoming "the Other" and having members of the military or the CIA become desensitized to their targets or over-identify with them.

Kramer opened it up for questions from the audience, then explained her own background. She has studied and worked on international tax law Social Justice and Ethics in Targeted Killing. It was held in the SIS building on Nov. 12 at 1 p.m. and was open to the public.

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But the heartfelt sentiment was there. Also participating in this event was a group of Franklin High School JROTC cadets proudly dressed in their Class A uniforms and carrying the American and Californian flag. These students belong to the Yellow Jacket Battalion in the Junior Reserve Officer Training Corps (J.R.O.T.C.), a federal program in high schools sponsored by the Armed Forces that focuses on "Motivating young people to become better citizens." Guiding the cadets was retired Army Instructor Sgt. 1st Class Lopez.

The cadets then formed into two groups: one formed into the Master Color guard, which presented the colors as the national anthem was performed on trumpet; another squad of cadets then engaged in the folding of the American flag.

"My name is Old Glory" was read by Melissa Parent, the president of the Student Organized Veterans group on campus.
What is your favorite holiday tradition?

"My favorite holiday tradition is baking apple and pumpkin pies with my sister every year."

@Sara George, C.O. 2013

"Decorating the Christmas tree!"

@Lauren Movlai, C.O. 2013

"Baking Santa Claus cookies and paklava."

@Mitchie Hughes, C.O. 2012

"Everyone comes over to my house for Thanksgiving, then they come over the next day for leftovers and the next day. The party never ends."

@Margaret Williams, C.O. 2014

"The best tradition of all: eating and watching football!"

@Jake Morgan, C.O. 2014

"My family and I were always big on snow sports. Every winter, we would go to Tahoe and ski. I have not had a winter without snowboarding in eight years. This time with my family is very dear to me."

@Darren Chan, C.O. 2013

"My favorite tradition of the holidays is definitely all of my family coming together, especially now that I'm older. Most of my siblings live in different cities, so it's nice when everyone can get together like when we were younger."

@Ariel Morris, C.O. 2013

"Cooking a huge Thanksgiving breakfast for my family and watching football."

@Ruben Moody, C.O. 2014

Amanda Wynn
STAFF WRITER

The holidays are a time when families come together. Your cousins from Southern California come to visit, your aunt from Ohio flies in. The holidays are that one time each year you see some of your extended family. But let's be honest, a lot of us are happy it's that way. Families are full of diverse people with different backgrounds, political and religious beliefs and hobbies. It's tough to deal with the potential conflicts that may ensue when your grandparent makes an offensive comment or your uncle tells you majoring in the humanities is a waste of time. But how do you deal with it all without turning into a Grinch? Although I'm not an expert, I have a few ideas from personal experience.

Remember: everyone is different. Your cousin maybe is a little spoiled, or maybe your uncle is really into golf and the only golfer you've heard of is Tiger Woods. That's okay! The difference between your family and your friends is that you choose your friends based on common interests and personalities; families are full of people vastly different from each other. Chances are no matter how much you argue with Grandpa over his political beliefs, he isn't going to change his vote this upcoming election. Let him be who he is.

Find the things you do have in common. It can be anything, big or small. You are in college, ask your aunt what college was like for her and swap stories. Discuss your favorite books, TV shows and movies with your cousin and see if any match up. You don't have to get deep in your conversations unless you get along with them well, treat it a little like a first date and stick to small talk that you know won't cause confrontation. You can save the discussions on the meaning of life for later.

If you do an activity or play a game, don't take it too seriously! The most tension at my family gatherings is when the analytical engineers in my family and the liberal humanities lovers come together to play a board game or card game. If your uncle insists on reading the entire manual before playing Parcheesi, let him. If you swear that you lose a turn if you roll a 5, but someone disagrees, let it go. It's a game, for heaven's sake; don't let competitiveness cause a huge argument. Sometimes it's better to let someone else be right to avoid a silly argument than to insist on your own way all the time. Have fun and be positive no matter what your family is doing.

Family gatherings are rarely perfect, and maybe you'll spend the car ride home talking about the homophobic comment your grandparents made or who really won Clue. But remember, despite the gossip and family drama you love your family and they love you. So eat some pumpkin pie, share stories about your crazy professor, and enjoy your time with your family this holiday season.

Danielle Procope
STAFF WRITER

"I voted" as an informed citizen

Last Tuesday, I exercised my right to vote for the very first time! For me, it was an incredible experience. It was incredible not only because I voted, but because I was informed about the issues and the candidates. Prior to Election Day, I had attended a proposition workshop, various informational sessions, and political debates. My sorority, Delta Sigma Theta, hosted a presidential debate watch party in the Multicultural Center. I spent countless hours talking to friends and family about issues pertaining to this election.

I took my time and filled out my absentee ballot in advance. I researched all of the candidates, propositions, and measures and felt satisfied that my ballot accurately represented my vision for San Joaquin County, Calif. and America in general. I personally took it to the polling location at the UC Ballroom on Tuesday morning and I proudly wore my "I Voted" sticker for the remainder of the day.

Election Day reminded me of how fun it is to be politically engaged and involved! I wore my Obama t-shirt and camped around a laptop with my friends, constantly refreshing the Electoral College map. Later, we went to The Lair where we were surrounded by TVs with different news stations reporting on the events unfolding. The Political Science Department hosted an Election Night watch event. We were refreshing statistics on Ohio, Virginia, and Florida constantly. We clapped every time the Electoral College votes changed and screamed and jumped and shouted when it was announced that Obama had been reelected.

We watched the results of the California propositions, especially Proposition 30, which will directly impact education funding. Even though I was tired, I waited to hear Obama's acceptance speech. Although Chicago looked exciting, and I definitely wouldn't have minded being there, I was honestly happy to be sharing my Election Night with my friends and campus community at Pacific. As President Obama said in his acceptance speech, "Democracy in a nation of 300 million can be noisy and messy and complicated. We have our own opinions. Each of us has deeply held beliefs. And when we go through tough times, when we make big decisions as a country, it necessarily stirs passions, stirs up controversy. That won't change after tonight, and it shouldn't. These arguments we have are a mark of our liberty." I am really happy that I was able to participate in an activity that marks my liberty. I was able to vote, an activity that was not always possible for black women in America. I was able to watch how my vote, and the vote of other Americans, has shaped our country. I have hope that our future votes will take America forward in the right direction - towards a country that is riddled of inequality and supports all people and sees our differences as strengths to be capitalized on.
Men and Austen:
Be willing to take a chance

Patrick Tunnell
CONTRIBUTING WRITER

Welcome back, folks! In the final installment of my Jane Austen series, I'll be examining only one male character from perhaps Austen's most well-known novel, Pride and Prejudice: Fitzwilliam Darcy. There are certainly other male characters in the novel, but let's be honest: does anyone else besides Mr. Darcy come to mind when thinking of P & P? I've sat in on even one of Dr. Smith's class, you'd know all the girls are obsessed with Darcy, with Bingley and Wickham being a very distant afterthought.

Mr. Darcy is torn on his feelings towards Elizabeth Bennett throughout the novel. He sees her beauty and knows he may be susceptible to falling in love with her, but suppresses those feelings because she is of a much lower social class than him. We've seen this in more modern movie, Pretty Woman. Granted, Elizabeth is definitely not a hooker, but the class and money issue is something that can still be seen in society today. The question this novel poses is one of whether one can or not love can trump anything, or are some social obstacles just too big to overcome?

Mr. Darcy is finally convinced that he is in love with Elizabeth when he realizes that he may be developing feelings for Wickham, a man he knows to be of questionable character. Elizabeth at first refuses Darcy's proposal because it is marred with uncertainties due to her family situation and low class status, but as always with Austen, they both eventually agree that their love can overcome all that. As usual with this segment, there is a lesson here for all you guys reading: don't be afraid of what other people think about who you may like. Maybe you are an athlete and like the "nerdy girl" that's always in the library. So what?! Go for it. Or maybe you are the nerdy guy always in the library, and you've got the biggest crush on a beautiful sorority girl. Give it a shot! You never know what may be until you let your feelings known.

That wraps up the Austen novels, but I'm not done with you just yet. I'm here to remind you that on Wednesday, Nov. 28, my Jane Austen class will be putting on Jane Austen Night 2012. It will take place in the President's Room from 6pm to 9pm. It will be a fun filled evening with skits, modern adaptations, games, and fun all relating to Austen. We've all been working very hard to put together some great material to make this an awesome night for all, so come out and support your fellow Pacific students and get a little bit more acquainted with Jane Austen. This is the week after Thanksgiving break, so make sure you can break out of your Tryptophan coma soon enough to come have some fun. And as if you needed any more motivation, there will be alcohol for those of you with identification showing you are 21 years of age! See you there!

Healthy advice for the holidays

Nothing can be better than sitting down and enjoying a very unhealthy meal with our families around the holidays, but what are we risking every year overeating during the winter months in America? Well, most doctors would say we are risking our health.

According to the Centers for Disease Control and Prevention, 35.0% of adults ages 20 years and over were obese in 2010, and 33.3% of people in the United States were considered overweight, but not obese. In other words, the amount of people who are obese in the U.S. is three times the amount of people in California.

By no means are we implying it is terrible to enjoy festive, delicious, holiday treats like candy canes and pumpkin pie. However, a little less could always be more. The problem that most people identify as the reason they overeat is because it is far easier to indulge during one time of the year and skip the rest.

There will always be an excuse to grab another bite of stuffing (that stuffing is amazing) because there is nothing that we wouldn't do to enjoy the good food. Food can be delicious, savory, as well as healthy. For instance, instead of deep frying the turkey on Thanksgiving, many families bake it. This method takes longer, but it is a lot healthier and makes the bad more bearable. However, we'd rather have the good first to make sure we don't stuff it in.

4. Limit the surface: Pick the small plate, not the one that could fit the whole turkey on it. Small plates give the inducer the optical illusion of having more food without actually having it. This trick can help avoid overconsumption.

2. Eat like you mean it: Eat what you want first: Don't eat the stuff you hate first, eat what you want. We hear it all the time that eating the bad before the good makes the bad more bearable. However, we'd rather have the good first to make sure we don't stuff it in.

5. Savor the filling: make choices as a family to have more satisfying choices this holiday by including fiber, water and protein. In other words, have multigrain bread instead of white, have water with the glass of apple cider, and eat the protein more than the starch on your plate.

All of these will help you stay away from overeating this winter season and hopefully avoid the treadmill come January.

Julienne Sesar
EDITOR-IN-CHIEF
GOBBLE TIL YOU WOBBLE!

Wishing Everyone a Safe and Happy Thanksgiving From the University Lofts!

Universitylofts.org | Facebook.com/UniversityLofts
209.323.3056 | 110 West Fremont Street Stockton, CA | reservations@universitylofts.org
Black Friday
The term conjures up images of long lines, frenzied shoppers, and great deals. We have been shopping for centuries, but only now have we turned the chore into a national past time.

To ensure that you get all of the necessary info to successfully shop to your heart’s content, The Pacifican has crafted a Black Friday special just for you. Learn about the history of this chaotic day, its successor, Cyber Monday, and more. Have a great Thanksgiving break, and let this insert inspire your holiday shopping.

The history of the Black Friday tradition

Karla Cortez
NEWS EDITOR

We all know Black Friday as a day for bargain shopping; you can find some of the year’s best deals for the things you want the most, especially considering the date always marks the beginning of the holiday shopping season.

Black Friday, something that one could not really refer to as a holiday, has become a tradition of sorts in American culture; thousands of Americans, oftentimes whole families, participate in waiting outside of malls, Wal-Marts, Best Buys, and many other stores that participate in the sale.

However, like all traditions, Black Friday has a history and origin. Although Roosevelt did try to change the original date of Thanksgiving, the change didn’t stick due to confusion, uproar from many Americans, and mixed financial results.

In the end, all of these events lead to the widespread adherence of most retailers to the unwritten rule that no store would aggressively advertise or hold holiday sales until the Friday after Thanksgiving.

The term “Black Friday” was coined in the 1960’s and has a variety of origins, including the fact that many Philadelphia police officers often used it to refer to the extreme congestion of drivers and pedestrians on the day after Thanksgiving.

Although Roosevelt did try to change the original date of Thanksgiving, the change didn’t stick due to confusion, uproar from many Americans, and mixed financial results.

The Pacifican has crafted a Black Friday special just for you. Learn about the history of this chaotic day, its successor, Cyber Monday, and more. Have a great Thanksgiving break, and let this insert inspire your holiday shopping.

The word “black” also implies the fact that “going in to the black” meant making a profit because losses would always be recorded in red and gains in black by accountants.

Black Friday
A Pacifican special edition

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The packaging source

The word "black" also a profit because losses would always be recorded in red and gains in black by accountants.
How Pacific students shop

Teryn Porter
COPYWRITER

It's no secret that getting up extremely early has come to define Black Friday. Many believe that shopping in the wee hours of the morning after Thanksgiving is a great way to kick off the Christmas gift-buying season.

Then there are those who don't see the value or thrill of getting up so early just to fight the crowds for that must-have item.

So, what do Pacific students think?

For some, Black Friday is something that they have never experienced.

When asked if she had ever participated in this shopping craze, Tasha Farnaam '15 said, "No, I've never done it before! I learned what Black Friday was like three years ago, and ever since then, I've been meaning to get up early and go shopping, but I've either forgotten or been too busy or just had no way of going."

It is easy to see that Black Friday has appeal, and some are just itching to get in on the good deals – even if it means losing a few hours of sleep.

Other students who have participated in the past plan on going again, as their previous experiences with Black Friday have been positive ones.

"I want to do it again because I love the thought of not sleeping just to shop," said Luis Monzon '15. "I also like seeing all the people and how everyone really wants to get a specific toy just to give it away to a loved one for Christmas."

To Monzon, getting up early for Black Friday adds to the excitement of the event and makes for a better experience. Sometimes, Black Friday shopping experiences come to be some of our best memories.

"I usually start Black Friday by meeting my friends in line at Old Navy at 11:30 p.m. on Thanksgiving night," said Erin Grant '14. "We stand in line and then shop through Old Navy at midnight. After, we all go to sleep over at a friend's house that is downtown. Later, we wake up at 4 in the morning to go to Macy's, H&M, American Eagle, Gap, and whatever other stores happen to catch our eyes that day. I enjoy shopping because I get a rush from all the good sales! It's also a fun time to spend with my friends and get started on my Christmas shopping for my families. I am lucky I live in San Francisco because I get to do my Black Friday shopping around Union Square!"

With the positives, however, come the negatives. "I like the adventure of it [Black Friday]; you are braving the cold for shopping," said Shelby Buford '16. "However, I really dislike how crazy people can get; the pushing and shoving is not civilized behavior."

Black Friday has some of the best shopping deals, and getting up early is everyone's game plan; with large crowds comes craziness and stress, something that not everybody wants to deal with in their early hours of the morning.

It is easy to see that the early bird gets the worm when it comes to Black Friday. This shopping experience can be a time to get good deals, spend with friends and family, and get ahead on your Christmas shopping – all if you're willing to sacrifice some sleep and fight the crowds.

Jamieson Cox
STAFF WRITER

This holiday season when looking for gifts for your friends, family, and even yourself, I challenge you to change your habits.

Spend the same amount and buy the same amount of gifts for everyone you know, but do so with a real purpose.

Due to the amount of global health and social issues that people are constantly struggling with, such as water shortages and disease breakouts, thousands of companies have developed products to help combat the issues for the greater good.

This constant increase of socially conscious brands allows consumers to purchase nearly any kind of product that also serves a greater purpose.

One of the most commonly known innovative and mainstream brands to do this, TOMS shoes, is just one of thousands of companies selling everyday products that equally benefit people in need all around the world.

Did you know that 40 percent of the world's population does not have shoes and that one billion people do not have access to clean water? Or that there are 13 million AIDS orphans in Africa?

So when you are shopping for others, or even making your list for Santa, also known as Mom and Dad, (hopefully you know Santa is not real by now...oops), check out these shopping destinations that help those people around the world that may not be as fortunate as we are here at Pacific.

The two best places to start are Roozt.com and Shopwithmeaning.org. These sites offer every item you can imagine. You will find all types of clothing that fit the new trends for men and women, including apparel, accessories, footwear, and more.

They even have new electronics and home décor; anything you have in mind can be found on one of these two websites.

On these websites, you can decide to shop by type of item or for women or men like most websites. What's great is that you can also shop by "impact."

By using the maps on the sites, you can pick a region of the world and also shop by items that help a specific cause in that specific region.

There are thousands of very high quality items that are fair trade and help nearly every cause and global issue imaginable.

So this holiday season, you should know that the perfect gift for your friend or mother could be the gift that gives water to a family in a third world country, puts a pair of shoes on a kid in South America, or helps educate millions on AIDS prevention.

Why shop just for your family and friends when you can shop for all of humanity? If there is anything that won't ever go out of style, that is helping others.

This season (and maybe forever), give for the greater good and do your part to help those around the world that are less fortunate live a little bit easier. Pacific Hail, Tigers Prevail.
Black Friday Breakdown

Black Friday’s tumultuous moments

Kelly Asmus
LIFESTYLES EDITOR

Most people think that Black Friday is that one day a year that people go entirely nuts to get a good deal on their gifts this holiday season. It is true that some crazy stuff has happened on this day of deals.

We wanted to show you a little bit about some of the interesting stuff that has gone down, so here are a few tales from Black Fridays’ past.

In an article written by Geoffrey Young for Cracked.com, Young mentions a few incidents concerning Wal-Mart and their Black Friday affairs.

These include incidents such as the following: “Wesly Strrellis walked into a Wal-Mart a little after noon, picked up a mental bat from the sporting goods section, carried it to electronics, and methodically destroyed 29 flat screen TVs."

There have also been incidents of punches being thrown over greeters asking to see receipts. According to Young, there has been a situation such as “the guy who walked into a Wal-Mart and pissed on a case of steaks...

Another incident at the same location was in 2005, but it was just one man cutting the line that threw this Wal-Mart into a frenzy.

The man tried to cut the orderly line of people trying to get a computer really cheap; this angered the crowd, so they wrestled him to the ground.

The New York Daily News also reported a woman in Los Angeles pepper-spraying a safety net around herself and the force of the crowd eventually shattered one of the doors. The crowds rushed in, smashing an employee under their weight.

Four other people were injured too, including a woman who was eight months pregnant.

A tug-o-war of types began with employees trying to keep the doors from bowing inwards.

The force of the crowd then knocked over an employee in the crowd.

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The man tried to cut the orderly line of people trying to get a computer really cheap; this angered the crowd, so they wrestled him to the ground.

Onlookers found the police to be overzealous with the man and yelled out things like “that’s police brutality” and “he wasn’t doing anything.”

Turns out he had been, “just trying to help his grandson after the boy was trampled by shoppers and only put a video game in his waistband to free his hands to help the boy.”

From 2006 until last year, sales on Cyber Monday have increased from $610 to $1,251 million dollars, according to comScore, Inc.

The sales are expected to increase even more this year.

All day long, online retailers will be slashing prices and encouraging consumers that are too tuckered out to abandon their couches to surf the web for those last few items they missed during the mad rush of Black Friday.

Amazon.com leads Cyber-space with deals from anywhere between 20 percent off to 90 percent off.

The online retail store can do this because it “has direct contracts with many manufacturers, distributors, and other great small- to medium-sized retailers across the internet”, according to Cyber-

Beat the bustle: Shop online this Cyber Monday

Juliene Sesar
EDITOR-IN-CHIEF

Didn’t feel like fighting the masses on Black Friday? No worries, Cyber Monday provides some of the best online deals of the year.

In 2005, the National Retail Federation coined the name “Cyber Monday” for the Monday after Thanksgiving. This national shopping day is younger than the traditional Black Friday, mainly because of the internet’s age in general.

In the beginning of its existence, not many American’s logged on to find those deals they missed on Friday, but now it has become common knowledge that we can skip the lines and capture that camera we missed out on with a few clicks.

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However, don’t count out direct retailers like Kohl’s. Kohl’s always encourages their customers to “expect great things” and will be posting all of their Cyber Monday deals on Nov. 24.

The retailer sells everything from clothing, toys, home décor, and sporting goods.

What do you wish was on sale?

Grad school application fees, GRE fee, gas, Netflix fee, and printing.

Range Rovers, half price.

Phones, computers, iPods, iPads, and clothes.

My college tuition.

-Halima Lucas '13
-Martin Cotton '13
-Ostmar Aleman '13
-Carrie Fung '12
The pros and cons of Black Friday

Ruben Dominguez
SPORTS EDITOR

Bouncing up and down with their mouths full of 75 percent-off candy and Halloween still in their collective review mirror, overzealous consumers can now focus their attention on the next great spending holiday. Obviously, that is not Thanksgiving, or, as its better known as, Play-Football-Then-Watch-Football-And-Eat-Until-You-Feel-Bad-About-Yourself Day. This is Black Friday, the opening day of the Christmas shopping extravaganza.

Literally millions of people partake in Black Friday every year. Black Friday, the day after Thanksgiving (Nov. 23 this year), marks the first day no moral barriers stand between consumers and Christmas shopping.

All stores selling potential presents mark their prices down to unbelievable lows on Black Friday. A pair of shoes that normally sell for $50 will go for less than $10 on Black Friday. With everything from flat-screen televisions to cars, video games, iPods, electric razors, LEGOs, clothes, dolls, machetes, and chia pets hitting prices so rock bottom that the Flintstones are thinking about staking out Bedrock’s Fossils ‘R Us this year, the appeal of one-time prices is too great for most consumers to pass up. Certainly every great consumer knows about this; it isn’t exactly a big secret. This means that the masses will certainly be out Thanksgiving night. With hoards reportedly to be predicted as measuring to zombie apocalypse-like proportions, there will be crowds, there will be fighting, and there will, most likely, be blood.

Knowing all of this, the average, non-crazed consumer is faced with a dilemma: get shopping over with while saving hundreds—maybe thousands—of dollars or not face the wrath of the masses? The answer, as it always is, is that the average, non-crazed consumer should make the decision to shop early, just drive to the store and be a social butterfly.

You have seen the pros; now, here are the cons about Black Friday.

First, let’s start with the pros.

Really, it’s all about price. This is the whole reason Black Friday exists in the first place. Prices for most retail items will never be this low again until next year’s Black Friday.

Jeans for $10! Assassins Creed 3 for $15! iPads for $200! It would be unwise to pass up this opportunity for a once-a-year deal.

If only the Black Friday phenomenon applied to something other than TVs and pants, like gas prices, tuition rates, or taxes. One can dream...

Doing it yourself is what counts. If you’re going to send your lists with your friend or mother, you’re not only a horrible friend/child, you’re being lazy. There’s no lazy way to truly succeed at Black Friday. Staking out at stores as if they were theaters the night before the premier of The Avengers is required. It’s like a campout but with spending money on gifts!

A way for the lazy people who want to spend a lot of money but not get up to do it in person can now order items online on Black Friday. While the prices may actually be lower, shopping through online clutter may be more of a hassle than just going in person. If you’re going to get up that early anyway, just drive to the store and be a social butterfly.

You have seen the pros; now, here are the cons of Black Friday.

So, you have just eaten more food than you’re comfortable admitting and watched enough football... actually, it’s impossible to watch enough football. Anyway, you’re sitting on your couch as the late hours of the morning, people less and less swayed by corporate America, you go for the food, the comfort bed and sleep for hours on end with a full tummy and thoughts offootball dancing in your head, or B) stay up past midnight and fight off crazy people trying to break your arm over an Easy Bake oven?

Unless you are unknowingly a mind-controlled zombie of corporate America, you go for option A! It is really worth it to stake out a place in line in front of Target, scramble for gifts like you’re a survivor fighting for supplies for the end of the world, and suffer sleep loss and bruises just to save a couple bucks?

Chaos may be the only true winner of Black Friday. When they’re awake in the early hours of the morning, people are irritable, ugly, and angry. They are also surrounded by other irritable, ugly, angry people, adding to the overall bad feelings. In addition, they see you taking something they want to buy. If push comes to shove, there will be black eyes and bloodshed, and even deaths. That’s right; people literally die shopping on Black Friday.

Those low-priced heels must have been worth it.

Knowing these facts has not driven away Black Friday consumers. In fact, number of Black Friday participants have grown each year, with people less and less swayed by sanity and their own personal safety while being more and more influenced by the feeling of spending.

So, there are the pros and cons of Black Friday. If you really, really, really need to get your shopping done, Black Friday is for you. If you’d rather avoid being stampeded to death or getting punched in the face for taking the last fancy dining set, just stay home and catch up on your sleep.
T-shirt or iPad? Well, both can be yours

Kelly Asmus
LIFESTYLES EDITOR

Interested in a free t-shirt? Or maybe a free iPad? Well, here’s your chance! The PacificCard office is hosting a Card-opoly this semester. The event began Oct. 15 and will continue until Nov. 30. Please note all game boards must be in by 4 p.m. on Nov 30 to count.

The objective of the game is simple: go to the PacificCard office or your Resident Assistant (R.A.) and pick up one of the game boards (showed here to the DIRECTION). Visit at least three of the on campus locations and three off campus ones to receive a little sticker to mark your game board. Once you have at least those three locations on and off campus, bring your Card-opoly board to the PacificCard office. After turning in your game board, the first 500 people get a free #SpotTheDot t-shirts, and all are entered into a raffle with the chance to win an iPad.

They don’t specify what iPad exactly, but the Card-opoly board states that the iPad will be the most recent release available from Apple.

The drawing for the iPad will be held on Dec. 3, and the winner will be contacted by the phone number written on their Card-opoly board. For more information, look online at www.pacific.edu/pacificcard.

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Congratulations
Student Philanthropy
Video Contest

Winners!

• 1st Place: Halima Lucas ’13
• 2nd Place and Fan Favorite: Lucy Valencia ’14

Great job to everyone who submitted a video this year!

We can’t wait to see what you come up with in 2013!
Can you spare a day for the spa?

Kelly Asmus
LIFESTYLES EDITOR

Need a hair cut? Or maybe a massage? Then here’s the place for you: Southern Exposure Spa is having a Tuesday special for their Pacific students, faculty, staff, and alumni on every Tuesday until Dec. 18.

The four deals are as follows: women's haircut for $25 (instead of $50), men's haircut for $40 (instead of $25), eyebrow waxing for $10 (instead of $15), and a Swedish massage at $50 an hour (instead of $70 an hour). Make sure to call ahead for an appointment and mention that you are a Pacific Tiger to take advantage of these deals.

Southern Exposure Spa also offers a variety of other services. Nail care is available for both men and women, with mani-pedis and pedicures as well as detoxifying foot treatments. Their skin-care covers everything from facials and peels and even permanent make up and eyelash extensions if you are so inclined.

The massage list goes on and on with: Swedish massages, deep tissue massage, prenatal massages, hot stone massage, and even reflexology, an ancient Chinese technique that stimulates pressure points on the hands and feet to relieve tension and restore energy.

If you have never gotten a wrap, now is the time to try. Southern Exposure Spa offers a seaweed body wrap, all natural, with a scrub to help detoxify and leave your skin feeling renewed.

Now, for those big spenders, or those who want to run away to the spa for a day, Southern Exposure Spa offers two spa packages: The Sampler, with one half hour massage, spa manicure, express facial, and shampoo and style, and The Works, with one hour massage, one hour European facial, spa manicure and pedicure, and haircut and style. If you're hungry, you can add on a fresh catered lunch from a local restaurant for only $15.

What could be a better way to spend your Tuesday? For more information and a list of services, please go online at www.thespase.com.

Providing dental care for Afghans

Carrie Fung
STAFF WRITER

The Afghanistan Charity Banquet held on Saturday, Nov. 10 was hosted by the Muslim Student Association. The event attracted 180 people, including Joel Lohr (Multi-Faith Chaplain), Erin Rausch (Director of the Center for Community Involvement), students from Sacramento State University, and others from neighboring areas. That night, everyone gathered in Grace Covell to benefit the Afghanistan Dental Relief Project (ADR), Mustafa Babak, a communications student from Afghanistan and speaker at the most recent TEDxSanJoaquin, was there to emcee the event.

Dr. James Rolfe, the keynote speaker and founder of ADRP, was a part of the first graduating class from Pacific's own Dugoni School of Dentistry in San Francisco. Rolfe started the Afghanistan Charity Banquet because he saw the need for dental care in Afghanistan. Because of war, 90 percent of Afghans are without access to any kind of dental care, 80 percent are illiterate, and 70 percent of the population is malnourished. Dr. Rolfe stressed that "It's time for Afghanistan to get some of the 'liberty and justice for all' that doesn't even exist in Afghanistan. What they need is everything."

ADR has three containers full of dental supplies here in the United States waiting to be shipped to Afghanistan. It is $12,500 to ship each container, and ADR needs even more charitable donations to keep their operations running. Dr. Rolfe has been spending $100,000 of his own money every year to the cause and gave a very convincing argument to give.

During the Afghanistan Charity Banquet, MSA raised over $12,000 to aid ADRP. Dr. Mohammad El-Farra, the Imam of the Islamic Center of Manteca, was there to speak on the importance of charity in Islam. ADRP's cause is justified, the need is great, and the giving should not stop here. You can call (805) 963-2329 or email adrp@verizon.net to learn more about how you can donate or volunteer.

Some services at Exposure Spa include: Swedish massage at $50 an hour (instead of $70 an hour). Make sure to call ahead for an appointment and mention that you are a Pacific Tiger to take advantage of these deals.

Two Spa Packages: The Sampler, with one half hour massage, spa manicure, express facial, and shampoo and style, and The Works, with one hour massage, one hour European facial, spa manicure and pedicure, and haircut and style. If you're hungry, you can add on a fresh catered lunch from a local restaurant for only $15.

What could be a better way to spend your Tuesday? For more information and a list of services, please go online at www.thespase.com.
Insight to the importance of social media today

Kelly Asmus  
LIFESTYLES EDITOR

Today, from noon to 1 p.m. in Weber Hall room 102, Pacific’s Public Relations Student Society of America (PRSSA) will be hosting a Social Media Panel Presentation featuring social media experts from a variety of programs hoping to share their insights on how to build, manage, and sustain an online presence.

PRSSA’s flyer summarized the importance of this knowledge well: ‘There’s more to successfully using social media than simply having the technical “know-how”. Effective social media campaigns require strategic thinking and planning at every step.’

Guest Speakers include: Corin Imai, the Marketing Operations Manager for Hewlett-Packard; Josh Morgan, the Vice President of Edelman Digital; and Jeremy Neisser, the Marketing Director for the Stockton Ports. The event is open to all students.

Author shares investigative research into the U.S. manufacturing industry

Marissa Madill  
CONTRIBUTING WRITER

Having been made aware of the potential corrupting influence of concentrated wealth and power, author and life-long history buff, Gordon Zuckerman, devoted the last 10 years of his life to studying some of history’s most important issues and, in order to share these resolutions with others, went on to develop his historical fiction series, The Sentinels.

The third book in the series, A Matter of Importance, examines the impact of U.S. manufacturing on the country’s current failing economy.

As a history buff all my life, with a career that led me to deal with Congress, bankers and the Treasury Department, and a broad cross section of American enterprise, I became aware of how wealth and influence can purse agendas of self-interest and unabridged greed,” says Zuckerman. “While increasing leverage of the consumers’ balance sheet, trading manufacturing employment costs the U.S. government $80,000 for every lost manufacturing job. It’s time we examine this strategy and look to the opportunities that lie at home for resolving our national fiscal problems.”

In a timely and informative interview that could provide potential solutions to some of history’s most devastating political and economical issues, Zuckerman discusses:

1. The importance of goods-producing jobs in the U.S. to bring our economy back to full employment.
2. Why American manufacturers need to restore their global competitiveness.
3. Whether brand preference established for ‘Made in America’ products.
4. The need for ‘high-octane’ entrepreneurial leaders and problem solvers to combine efforts to solve this issue.
5. Why social cost on domestic employment must be spread among beneficiaries of tax revenues.

Gordon Zuckerman is the author of the acclaimed historical fiction series, The Sentinels. Each of the three books in the series are set during periods of conflict between government and greed and, through the book’s principal characters, provide applicable solutions to the problems of the time period. These problems include international turmoil, international financial devastation, big oil, money on politics and, in his most recent book, A Matter of Importance, a failing U.S. economic system.

Zuckerman is a life-long history buff with a successful career expanding the realms of finance, business development and real estate. He earned a B.S. in mechanical engineering from the University of California and an M.B.A. from Harvard Business School. Now retired, Zuckerman worked on Wall Street for over 10 years and later owned and operated his own real estate development company for 30 years. Today, he is a director of the Brubeck Institute and several private companies.

For more information, please visit www.gordonzuckerman.com.

The Sentinels: A Matter of Importance is available for purchase at Amazon and all major online booksellers.

NUTRICAT’S CORNER

Prop 37: How to sort out those genetically modified organisms (GMOs)

Alexandra Caspero  
CAMPUS DIETITIAN

Prop 37 didn’t pass, now what?

If you voted last week, you probably heard of “Prop 37” that was on the ballot this last Tuesday. Prop 37 would have required the labeling of food products made with GMO’s, genetically modified organisms.

After a slew of negative ads that costed millions of dollars, support for Prop 37 quickly declined and did not pass in California. Whether you like it or not, you have probably consumed more GMO’s than you realize, as more than 89 percent of supermarket food contains GM foods. This number has increased every year since GMOs were introduced in 1996.

Just because Prop 37 didn’t pass doesn’t mean you can’t find GMO-free food.

2. More and more companies are labeling their non-GMO. Check for this label to assure that you are getting a GMO-free product.
3. The biggest culprits in GM produce are soy (91%), corn (89%), canola (88%), and sugar beets (90%).
5. If you have the free Fooducate App, www.fooducate.org, use the GMO feature.
Men's basketball cruises in season opener

Rivera dominates as Tigers easily defeat Holy Names in 76-38 contest

Drew Jones

For many fall sports, the 2012 season has come to a close, but the women's volleyball team surges on looking to offset the current Big West leader, University of Hawai'i. With a couple big weekend wins under their belts, Pacific will go into this Friday's matchup against Hawai'i with a 20-8 overall record and a three-game win streak.

Hawai'i, ranked No. 9 in the nation, has not yet lost a game in conference play and has only lost two games this season. With the Warriors proving to be a quality competitor, Pacific will not have an easy task in achieving victory. Behind outside hitter Megan Birch '14 and middle blocker Jennifer Sanders '14, who both currently lead the team in scoring, anything is possible on the court. Right behind them is outside hitter Kat Schulz '16, who not only specializes in attacking, but blocking as well. Schulz holds 384 digs on the season, coming in second to defensive specialist Koala Matsuoka '13 with 465 digs. Behind these team leaders, Pacific is bound for success.

This will be Pacific's second time facing the Warriors this season. They previously played them this past October at the Warriors' home court in Honolulu. Pacific dominated in the first two sets, but ultimately fell to Hawai'i 3-2. Since then, Pacific has won four of their last six matchups. Although Hawai'i has already clinched the Big West league title, a win for Pacific could give them a good jump start to postseason possibilities.

Pacific looks to even the score with Hawai'i this Friday when they take them on at 7 p.m. in the Alex G. Spanos Center.

Getting to know

Colin Beatty

Ruben Dominguez

The Pacific men's basketball team (1-0) opened the 2012-13 season in dominating fashion, scoring a decisive 76-38 win over Holy Names (0-1) Saturday night at the Spanos Center.

Ross Rivera '14 led the Tigers with 14 points, while Colin Beatty '13 and Rivera each tallied seven rebounds. Tim Thomas '14 scored 10 points in his Pacific debut, while Travis Fulton '13 also reached the 10-point mark.

After trailing, thanks to a Holy Names three-pointer, Pacific went on a 9-0 run, capped by two baskets by Rivera, to take an early 11-3 lead 3:06 into the game.

A layup by Lorenzo McCloud '13 increased the lead double-digits, 17-6, just over five minutes into the half. The Tigers continued on a 13-0 run before Holy Names connected to make the game 24-8 with 11:50 to go in the half.

The teams traded baskets until Pacific held a 30-14 lead with just over five minutes left in the half. After a pair of free throws, the Tigers would end the half on a 17-3 run, fueled by three pointers from Rivera and McCloud, to go into halftime with a vast 47-17 lead.

The second half was purely academic, with most of the starters earning a well-deserved rest. Spencer Llewlyn '15 hit a three-pointer with just over ten minutes left to increase the lead to 40 at 65-25. It would grow to as much as 42 before the final whistle blew.

Though the Tigers only shot 50% from the free throw line (7-14) they limited themselves to just three turnovers in the second half.

Pacific has now won two straight openings night games with the last nine coming in regulation.

The Tigers will next head to Fresno State for the first road test of the year on Friday, Nov. 16. Pacific will then head home to play On Roberts on Monday, Nov. 19. Tipoff for that game will be at 7 p.m. at the Spanos Center.

Game of the week:

Pacific vs. No. 7 Hawai'i

Drew Jones

For many fall sports, the 2012 season has come to a close, but the women's volleyball team surges on looking to offset the current Big West leader, University of Hawai'i. With a couple big weekend wins under their belts, Pacific will go into this Friday's matchup against Hawai'i with a 20-8 overall record and a three-game win streak.

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Natalie B. Compton

He's 6'4", hails from Maryland, and knows a thing or two about basketball, but who is Colin Beatty off the court? In case you don't have the pleasure of meeting Mr. Beatty, here's what you're missing.

Beatty is a master chef who wears size 13 shoes and loves rap music and LeBron James. He's a fan of spicy barbecue wings, his favorite year of school. Today, he is a senior and a communication major.

The perfect Saturday for Beatty would be waking up in the afternoon, hanging out with friends, and going to a party at night.

Most of the time, Beatty goes to bed at midnight. He loves rap music and LeBron James.

Down the road, Beatty would like to have three children and retire at the age of 40. If it was his last day on earth, he would pick up his favorite spicy barbeque wings for his final meal.

Catch Beatty in action Monday night in the Alex G. Spanos Center at 7 p.m.
Stick with your goals for fitness

Jenna Graves
CONTRIBUTING WRITER

There really is no secret to keeping some of that excess weight off. Just exercise and lay off the fries. But as college students, we are all so busy with our books shoved in our faces that it is difficult to make time for the gym or even have the motivation. Especially before the Holiday season, we should all consider making a few more trips to the gym than usual. So I am going to help you some tips on exercising and socializing!

If you are having trouble getting started on exercising or learning how to properly use the equipment, Baun offers personal trainers that can help you with whatever troubles you may have for your personal workout needs. Baun keeps working out fun and enjoyable as well. Tiger X classes are available Monday through Friday with a variety of different work out sessions that get you sweating. So if you are a brave soul, I suggest you to be there, so making a date with a friend (or a "friend") will kill two birds with one stone: exercising and socializing!

Fact: Thinking about going to the gym burns between 600 and 800 calories. So make time to stay healthy and get your butt to Baun.

Women’s Basketball: Pacific opened the 2012-13 regular season with two wins while on the road. Friday, the Tigers staved off a late comeback by Seattle to take the opening game 71-70. Kendall Kenyon ’15 led the Tigers with 14 points and a career-high five blocks, while Claire Conricode ’15 (pictured) notched a career-high total of 10 points. Sunday, the Tigers ran away from Eastern Washington in the second half to post a 64-51 win. Kenyon and Sam Pettinger ’14 led Pacific with 11 points apiece. Conricode and Gena Johnson ’14 also added eight points each.

Cross Country: The Tigers sent four runners to the NCAA Regionals in Seattle, Wash. on Friday. Lindsay Wourms ’16 put forth Pacific’s top time of 23:04. Following her were three of her classmates: Becky Grabow (23:26), Mia Kipper (23:39), and Lauren Nakaso (24:22). The 2012 season now concludes for Pacific cross country.

Men’s Water Polo: The No. 7 Tigers hosted two MPSF opponents at home over the weekend. Aleksandar Petrovic ’16 (pictured) was spectacular, scoring a career-tying four goals in both games. Balazs Erdelyi ’14 also added four goals in Pacific’s 12-5 rout of UC Santa Barbara on Saturday. The Tigers scored six goals in the second period to break the game open, with Alex Malkis ’14 making 15 saves in goal. Sunday, the Tigers gave up six goals in the third period, which proved to be the deciding factor in Pacific’s tough 13-10 loss to No. 2 UCLA. Erdelyi added a pair of goals in defeat.

Women’s Tennis: Pacific freshman Christiana Ferrari was honored by the Stockton Athletic Hall of Fame Wednesday night as the “Athlete of the Month” in recognition of “current outstanding athletes in their sports”. Most recently, Ferrari took home two singles wins and a doubles match victory at the Bulldog Classic on Nov. 4.

When it comes to Rocky Mountain Cold Coors Light, play it smart. Wait until you're 21.