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Cal Grant Resolution Passed
Allyson Seals
EDITOR-IN-CHIEF

Last Saturday, February 11th, the Pacific Alumni Association passed a resolution entitled “Calling Upon the Governor and Legislature to Protect Cal Grant Funding” in response to Governor Jerry Brown’s proposed 2012-2013 Cal Grant cuts. According to Governor’s Budget Summary: 2012-2013, there will be a [Cal Grant] decrease of $59.1 million in 2012-2013 by lowering the award amount for students attending private for-profit schools to $4,000.

With these cuts underway, Pacific students are expected to be greatly affected financially. According to the Alumni Association’s resolution, “the proposed reduction in the maximum Cal Grant from $9,708 to $5,472 [will] result in a loss of $57 million in aid to Pacific students.” The Association does not believe Pacific will be able to make up for such cuts. Therefore, the resolution expresses that the proposed cuts will “likely [cause] many Cal Grant students to leave Pacific and continue their education at public institutions at greater expense to California.”

The Pacific Alumni Association continues to express its hope for the future, but still has static concerns in regards to the proposed Cal Grant cuts. The resolution concludes “that the Pacific Alumni Association supports the Students First Alliance and calls upon the Governor and the Legislature to maintain the maximum Cal Grant award for students at independent, nonprofit California universities at $9,708.” The resolution was attested by PAA President, Norman Allen ’88, ’94 and PAA Secretary, Jan Hope ’86.

As the Cal Grant Resolution was passed by the entire board of directors at the most recent Pacific Alumni Association board meeting, many alumni were involved in the process. PAA Executive Director, Bill Coen, was one of those participants. Coen said, “The board [expresses] its deep concern for the current students who will be affected by the Governor’s proposed cuts.”

With the board’s concern on the matter, they have taken care to provide online links via their website to the Students First Alliance Facebook page and the Maintain the Maximum Cal Grant petition webpage (which they believe will assist in the matter). The links to the sites can be found at PacificAlumni.org.

Many students, faculty, alumni, and staff will also be attending a rally on March 7th at the State Capitol in response to the proposed cuts. The Pacific Alumni Association hopes for a large turnout.

Cal Grant cuts “likely [cause] many Cal Grant students to leave Pacific and continue their education at public institutions at greater expense to California.”

Stacy Nadeau Kicks Off Love Your Body Week

On Sunday February 12th, Pacific students and staff filled the DUC ballroom to attend Dove model Stacy Nadeau’s session for Love Your Body Week. The college student-turned-model shared her story and urged audience members to tackle five steps to change society’s relationship with beauty.

Nadeau started the evening with the story of how she ended up in her underwear on a billboard in Times Square. During her 2004 campaign, Nadeau found herself as an “everyday average student.”

On her way to work one day, she noticed a woman who had been selected to an audition. Seven callbacks later, Nadeau was selected to be one of six models in Dove’s 2004 campaign.

Unlike most advertising campaigns, Dove had a new angle: real beauty. Instead of selecting the stereotypical models, Dove scoured the country for models that represented more women.

Instead of hitting the books, Nadeau found herself hitting every major media market. Dove put the campaign of Nadeau and the other models everywhere it could. The ‘Dove Girls’ were featured on a number of television programs including Oprah and the Today Show.

While most of the press was positive, others lashed out against the campaign. One Chicago Sun reporter called Nadeau his least favorite of the “disgusting” models (who were an embarrassment to advertising).

Nadeau admitted that she “would be lying to you that that didn’t hurt,” but the campaign was bigger than one man’s opinion. It was not just about fame or media coverage; the campaign was about changing lives. Women around Chicago high-fived the new star for her positive impact.

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Since her stint as a ‘Dove Girl’, Nadeau has traveled around the country encouraging people to be their healthiest selves. She challenged audience members to define what that means for each individual.

Throughout her talk, Nadeau emphasized the fact that the media puts out false realities. “I'm here to burst your bubble,” Nadeau said, “all images are manipulated [in advertisements].”

She played the audience “Evolution”, a short film by Dove that exposes how advertisements are made. In the one minute video, a model is made up, photographed, and edited to portray industry standards. The end result looks like an entirely different person.

Nadeau explained that all advertisements are augmented in such ways, and that displayed features are often physically impossible to have.

The Dove Girl wrapped up the evening by laying out five tips for the audience to follow:

1) Be friendly to your health. “Negativity has to go,” Nadeau said. 2) Stop “Fat Talk”. When a friend asks if he or she looks fat, do not participate. Change the subject or don’t respond. 3) Don’t pass judgment. “You don’t know what’s going on in anyone’s life,” Nadeau said. 4) Think about your relationships, pick your friends responsibly and choose how to be treated. Set the level of respect you deserve. 5) Know the limits. If you are worried about a friend’s health, refer them to a professional.

After the presentation, students lined up to speak with Nadeau. Many students connected with the message. “I thought it was really inspiring, but I felt like my organization already talks a lot about it,” sophomore and Alpha Phi Omega member Sumeet Bhade said. “We’re trying to inspire women, inspire men, and inspire people who don’t know what gender they are to actually feel empowered to go out and be themselves.”

Senior Samantha Perry related to Nadeau’s talk on a more personal level. “I thought it was really powerful and really moving. The part where she talked about how you can never judge someone on how they look ... or people calling you anorexic for being too skinny—I’ve actually had that throughout my life,” Perry said. “Even here in the UC people serving me food telling me ‘oh, do you eat enough?’ You don’t know how it really affects you every single day.”

Nadeau’s talk kicked off the first event of Pacific’s ‘Love Your Body Week’. For the rest of the week’s schedule of events, please visit the health services page.
Food Pantry Promotes Nutritional Diet

By Brea Morgan

In these tough economic times, many more people are struggling to provide for themselves and their families. Students here at Pacific are no exception. Tuition bills are up, and students may not have enough money at the end of the day to pay their bills, including food. This, in addition to students' typically busy schedules, sometimes prevents students from having a healthy, balanced diet.

Pacific Health Services has been noticing an alarming amount of students coming into the Cowell Wellness Center with health problems related to not having access to enough food. It was also discovered that more and more students were not eating as healthy as they could have been. In addition, these students were unable to pay for healthier foods when it was suggested that they change up their eating habits.

"Over the past few semesters, myself and the nurse practitioners at Pacific Health Services noticed more and more students who were underweight or had lost weight due to food access," explained Alexandra Caspero, the Campus Dietitian. "This was due to a variety of reasons: students living with parents who were unemployed and food was scarce; students who had used up all of their dining dollars and didn't have enough funds to eat, or students who were barely scraping by for rent, tuition, etc, and food was last priority."

Caspero was not the only one who noticed this problem. Susan Nylen, a nurse practitioner at the Cowell Wellness Center, also became aware of students' inability to pay for healthier foods when it was suggested that they change up their eating habits.

"I think a lot of students here at Pacific are on scholarships...I think there's less and less money available...and [students] don't always have access to the healthiest food. I think students are more likely to eat and enjoy," Nylen added.

Concerned for the students' well-being, Nylen got the idea for the Pacific Food Pantry from her church, which had a successful food bank program in place for individuals who could not afford food for themselves and their families. Witnessing the success of the program firsthand, Nylen thought it would be a good idea to implement something similar here at Pacific.

Now known as the Pacific Food Pantry, the program is designed to assist individuals on the Pacific campus who are not eating adequately, whether they are students, faculty, or staff. "We know that these issues aren't limited to students," said Caspero. "Many staff members at Pacific are the sole providers for their family, and with the tough economic times facing us, food and hunger are very real issues."

The Pacific Food Pantry is located in the Cowell Wellness Center and is easily accessible to students, faculty, and staff. People using the pantry have only to display their Pacific ID card in order to verify that they are affiliated with Pacific, and then they can proceed to take the food that they need.

Individuals using the food pantry are allowed to take up to two grocery bags full of food per week. The service is kept completely confidential.

"We really want students to know that this service is available," said Ranai Koch, one of the coordinators of the food pantry. "We know students are more likely to eat and enjoy, and we want students to know that there is nothing to be ashamed of if they've hit a rough spot and need some assistance. That's why we're a Pacific family; we help each other when we need to!"

For those who want to contribute to this service, donations can be dropped off at Morris Chapel, in the lobby of the DeRosa University Center, or can be delivered directly to the Cowell Wellness Center. Although the pantry is currently unable to take perishable food items, such as dairy and fresh fruits and vegetables, non-perishable items are welcome. Currently, the food pantry is in need of peanut butter, cereals, canned tuna and chicken, and soups, as these are foods that students are more likely to eat and enjoy.

"Since Pacific is always thinking 'Beyond Our Gates,' we will also donate a percentage of all non-perishable items to the Emergency Food Bank in Stockton," said Koch. "Not only will this service benefit the Pacific community, it will also benefit the larger Stockton community as well."

Food Pantry containers at Cowell Wellness Center.
Pacific Students Attend “Meet Your Future” Career Workshops

Carrie Fung
STAFF WRITER

Last week, the Career Resource Center hosted “Meet Your Future: Head in the Right Direction,” which featured two informational workshops mock interviews throughout the week. Over 30 employers volunteered their time to participate in this event.

The first workshop was broadcast live last Tuesday, “Live” from LinkedIn featured Pacific alumna Erin O’Harra. Before teaching workshop attendees how to navigate LinkedIn, O’Harra provided some personal background information and statistics about the company. Currently, O’Harra is the Public Relations Associate at LinkedIn. She mentioned that of over two million companies, 75% of the Fortune 500 companies are on LinkedIn.

Some useful features of LinkedIn include the alumni connections. Through them, you can find a mentor that fits your description. For example, selecting “LinkedIn,” “public relations,” and “San Francisco Bay Area” will list PR Associate Erin O’Harra.

Another tool to take advantage of is company statistics to see how one company compares to others in the same industry. After the workshop, Tabitha Hsia, Violin Performance ’13, responded by saying, “Even though it was hard to hear [O’Harra], I’m going to create a LinkedIn account”. LinkedIn is a great new tool, but we cannot forget about another marketing tool: the resume.

The second workshop, “The Gritty Truth from Employers,” who now owns her own business, on Thursday. This workshop was a panel discussion about how employers determined which resumes get read, and which get thrown out.

The first employer to introduce himself was Chris Silvernagel, Project Manager for National Security Technologies. The second was Charles Gunn, Recruiting Coordinator for Maloof Sports & Entertainment, parent company to the Sacramento Kings. The third employer was Michael Letizia, Vice President of Human Resources and Security for the Community Bank of San Joaquin, and Vice President of Communication for the San Joaquin HR Association.

The CRC was expecting a turnout of 40 people, but Starbucks Coffee Company cancelled at the last minute. If any of you were looking forward to speaking with a Starbucks representative, they will be present at the upcoming Career & Internship Fair on March 14th.

Each employer represented a different industry, but what they all agreed on was that you should tailor your resume to whatever industry you want to work in. Answers for general resume questions were also unanimous. All agreed that resume paper is inappropriate, unless you are an actor. Gunn explained that it is a huge liability for employers because there is a possibility of being accused of discrimination. The panel agreed that unless you have a high GPA, you would not want to put it on your resume. “Why advertise yourself as mediocre?” asked Letizia before adding, “A resume is a marketing piece, not a dissertation!”

Interview processes are also important for hiring. “What are we seeing in today’s job market,” Haruta says, “is that you only need to have a general education to compete, that you also need to know how to verbally communicate in a job interview how you are going to use that education and any work experience to benefit the employer.”

Haruta works at the CRC and was instrumental to their Pacific educational proclamation. Even though “Meet Your Future” week is really adding value to their Pacific educational proclamation, Haruta explained that it is a huge liability for employers because there is a possibility of being accused of discrimination. The panel agreed that unless you have a high GPA, you would not want to put it on your resume. “Why advertise yourself as mediocre?” asked Letizia before adding, “A resume is a marketing piece, not a dissertation!”

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Shannon Chapman
CONTRIBUTING WRITER

On Wednesday, February 22nd, in Morris Chapel, the Global Center for Social Entrepreneurship will be honoring Karen Tse during their semi-annual Global Heroes Lecture Series.

The Global Center is a department on campus that provides services for students to become involved in social enterprises that utilize business practices and methods to find sustainable solutions for social problems around the globe. The Global Center provides mentors from the field, funding for conferences, and a fully-paid international summer internship.

Every semester, the Global Center honors one individual with the Global Heroes Award who “demonstrates a tireless commitment to combat inequality, injustice, and poverty around the world,” says Spencer Ton, Executive Director of the Global Center. Past award recipients include: Sakena Yacoobi, a Pacific alumna who now works in Afghanistan establishing schools for girls, as well as Rachel Zederk, who founded Backpack Farm, a business that helps small-shareholder farmers in Kenya increase their agricultural output.

This semester, they have chosen Karen Tse. Karen is the Founder and Executive Director of International Bridges to Justice, which provides legal aid to victims of torture and other human rights violations in Cambodia, Vietnam, and around the world. Karen has been recognized for her work by the Skoll Foundation, has been on a top-rated video on TED.com, and is doing an hour-long interview with CNN. At the event, she will be discussing “Stopping Torture in the Year of the Dragon,” which outlines her 12-year plan to stop torture worldwide. “In too many countries, it is still normal to torture prisoners for confessions,” Karen works to end this, she says Spencer.

The event starts with a small reception at 5PM, and the lecture starts at 6PM. Those interested in attending, please RSVP at www.globalectr.org/ibj.
Octavio Rodriguez  
SAFETY COLUMNIST

Pretty lamps make the campus prettier. Who doesn’t love a well-placed faux-tique streetlight? Just thinking about taking a stroll across the dimly lit bridge after hours makes me sigh in admiration. There’s no telling who is coming across on the other side, but as long as the pretty lights light the way, what else can we ask for as students? Aesthetic beauty should never be sacrificed for safety.

As a person who values the arts and has an eye for all things creative, I can honestly say that whoever picked the lamps really outdid themselves. Thanks to them, the bridge has a very natural, creepy atmosphere that is hard to recreate without putting the genuine public at further risk.

Furthermore, the dim lights also have another positive aspect to them: They create a perfect place to make out if you’re a bit on the shy side. Think about it. You just finished your dinner date at the UC dining hall, it may have been a bit awkward, but all went well. You take her tray, walk next to her, and romantically throw the recyclables in their proper place.

By now, you have convinced your date that you’re not cheap since it’s a recession after all. You’re just trying to save for the tuition increase next semester. After which, she gives you the “okay dude, I’ll buy it this time look,” gives you her hand, and off you go to Monagan Hall.

As you and your date approach the bridge, you can’t help but feel the sensuality of the dim lighting. You stop in the middle of the bridge. Both of you are nothing more than a silhouette. You kiss. No one saw it, but suddenly, oh no! There’s someone next to you asking for your money.

You’re afraid, but you just can’t stop looking at how the dim lights complement the thief’s cheekbones. Then, as suddenly as it happened the thief is gone, and it’s just you and your date again. The moment is not ruined, what can ever fall out of the mood with lighting like that?

Your date can tell, she’s probably going on about how you should have brought a flashlight, or about how you need to grow up and get over your fear. And then she’s gone.

Saftey Tip for the Bridge:

Bring a flashlight, preferably one with a LED bulb. It’s much brighter than your standard flashlight, and it may make any potential thief with good cheekbones reconsider, since no one wants to look bad in the light.

Mitchell Woerner  
STAFF WRITER

While the national conversation has recently sided from the economy to gay marriage and birth control, the mortgage settlement with some of the biggest banks in the country went by quietly.

The banks involved were Bank of America, JP Morgan Chase, Wells Fargo, Citigroup and Ally Financial. Attorney Generals from all 50 states launched an investigation into faulty foreclosures, which involved faulty documents and “robo-signing” foreclosures that were settled by computer and never checked by actual people. The total amount of the settlement is 25 billion dollars. While at face value this is a lot of money, it’s not when the bigger picture tells a completely different story.

The 25 billion dollars will only go to a million people. That sounds like a lot of people as well, but 12 million people are underwater. Even the money that does go to those million people still won’t completely be enough. 2,000 dollars per homeowner will help pay off a little bit, but in the overall scheme of things, it does very little. At the Wall Street Journal, Mark Vitter, Senior Economist at Wells Fargo Securities, said that the settlement now lets lenders foreclose on millions of homes.

While banks do not have complete immunity from further investigations, it is highly unlikely that many states will continue to investigate bank practices, with the exception of New York Attorney General Eric Schneiderman. The Obama Administration has hung up their mission accomplished banner saying this settlement will, “speed relief to the 3.5 million distressed homeowners, end some of the most abusive practices of the mortgage industry, and begin to turn the page on an era of recklessness that left so much damage in its wake.”

25 billion dollars, in comparison to the billions of dollars they earn in profits every year, spread between five of the largest banks does absolutely nothing to deter the type of practices these banks committed. One must also consider that these corporations spend significant amounts of money for political campaigns and lobbying so that when settlements like these happen, they are as lenient as possible. If each state individually sued, the amount of money that would go towards homeowners would be much more. Some states like Wisconsin aren’t even using the money going to them to help homeowners, instead, they’re using the majority of it to fund the state budget.

Once again, the financial industry is getting off scot-free. We live in a city that is plagued by foreclosures and those on the verge of foreclosure. This settlement isn’t a solution to the problem and has nothing to do with those in the verge of foreclosure. For the people. The banks take a small dent into their already massive profits and get to now foreclose on millions of homeowners. This may not effect many of us now, but it affects our community. It sets the precedent for how we treat banks and how they will treat consumers in the future.
Love Your Body Week:
Recognizing "Real" Beauty

Courtney Ceccato
CONTRIBUTING WRITER

From a young age we are taught what society deems beautiful and what we are expected to look like. We are told that if we don’t look a certain way, we are not as pretty. We are constantly bombarded with images of what “beauty” is, and people telling us how to look and act. Magazines, television shows, and advertisements, showcase “perfect” men and women who are unbelievably flawless. As we grow older it only becomes harder to live up to society’s expectations, learn to truly love yourself, and be confident in the way you look. Unfortunately, it is rare to find someone who is happy with the way they look.

Pacific is trying to change that by presenting “Love Your Body Week”, which challenges society’s beauty standard and encourages everyone to love themselves. Loving yourself is being able to look past all the exterior aspects and focus on what is on the inside. Even if you don’t feel like you look perfect, you are able to look past imperfections and realize that you are a unique, amazing person, and that your looks don’t define who you are or what your character is.

The world is filled with unique and diverse individuals. We should celebrate this rather than feel like we are not good enough. This week’s events help promote not only a healthy lifestyle, but also a healthy self image. To kick off the week, Stacy Nadeau presented “Embracing Real Beauty” to students in the DUC. As one of the 6 models chosen for a Dove campaign to embrace real women with real curves and real bodies, she came to share her story and discuss how the media portrays beauty. She spoke about how distorted the media is and how photoshopping has become common to create beauty in the industry. Monica Schnapp, CEO of 2014 loved how open Stacy was in telling her story. Having grown up in sports where appearance means everything, Schnapp commented, “Gymnastics, dance, and competitive cheerleading are the breeding grounds for per body image and eating disorders. Girls will do anything to look good. I have seen girls tan for hours, binge and purge, dye their hair, go on crash diets of all types, and idolize models with distorted proportions.” Having seen this firsthand, she feels like this week is something that campus and society need to take seriously. This week focuses on being comfortable with your body image and embracing it, as well as working on developing healthy lifestyles.

“Mirrorless Monday” allowed everyone to see past their external and write powerful messages of encouragement. All around campus, mirrors were covered with butcher paper to allow students to write why they loved their bodies. With phrases such as: “Inner beauty is what matters,”

"Love Your Body" CONTINUED ON PAGE 9

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"Love Your Body" CONTINUED ON PAGE 9
Van Halen: A Different Kind of Truth

Ruben Dominguez
SPORTS EDITOR

Van Halen, the legendary rock group who gave the world so many classics in the 70's and 80's, did something that they had not done in 14 years: they released a new album. On February 7th, the band released A Different Kind of Truth, its twelfth album overall and first since Van Halen III in 1998.

A Different Kind of Truth also features the return of lead singer David Lee Roth, who had not recorded with Van Halen since the album 1984. Roth had split with the band for the better part of 20 years: hey released a new album overall and first since Van Halen III in 1998. On February 7th, the band released

Roth takes over for Sammy Hagar, who had been with the band for the better part of 20 years. The album also features the debut of Wolfgang Van Halen as bass and backup vocals. Wolfgang replaces the immortal Mark Anthony, who had been on every single Van Halen album beforehand. As always, Alex Van Halen is on drums.

New life for Van Halen began with "Tattoo," the album's first single, which was released on January 10th. Initial listeners found the song to be a bit lacking; Roth's vocals seem to show his age immediately while Wolfgang's harmonizing seems out of place. However, with more plays, the song grew on its listeners. Right away, Eddie proved that he's still got it, giving a solo that, (while only solid compared to his more legendary riffs from "Eruption" and "Right Now") was pretty darn good.

Hearing "She's the Woman" brought back memories from the band's heyday. Initially written back in the good old days, the song sounds like it was from that era as well. Though one of the shortest songs on the track, it picked up the traditional Van Halen sound and classic guitar work. The intensity increased with "You and Your Blues" and "Chinatown," both of which amped up the speed and tempo as classic Van Halen began to emerge. It seemed like Eddie's getting warmed up for something.

"Blood and Fire," the very next song, turned out to be the main course. Everything about the track flowed; Eddie's guitar was at full power, the other Van Halens picked it up, especially Alex, and the lyrics were very catchy. Roth even shouted out, "I told you I was coming back! Say you missed you; say it like you mean it!" at one point. With "Blood and Fire" being the best out of a very good list of tunes on the album, we all have to say "We missed you, David. We really did."

Looking to pick up the speed, "Bullethead," a quick, fast-paced non-instrumental track, is used in the same way "Eruption" was used in the band's debut album Van Halen—a guitar-heavy setup for the song to follow.

Interestingly enough, "As Is," which follows "Bullethead," is slightly similar to "You Really Got Me," which followed "Eruption."

Ending any good album is hard to do. However, the back half of the album flows together nicely. "Honeybabysweetiedoll" and "The Trouble with Never" are both Eddie/Wolfgang Van Halen show. "Outta Space" definitely provided catchy and memorable lyrics. "Stay Frosty," the sequel to "Ice Cream Man" was pure old-school in the best possible way. "Big River" and "Beats Workin" tied up the album together very well.

Not since 1984 has Van Halen sounded this good. David Lee Roth definitely brought back the voice the band had been lacking. Hopefully, he and Eddie Van Halen patched things up, because they are a natural duo; they bring out the best in each other. A Different Kind of Truth was a triumphant return for the group. The album was fun and refreshing. If this is it for the rock legends, they ended on a high note. If there is more to come in the future, and sounds as good as A Different Kind of Truth, the rock community will be anxiously waiting.

Circle K’s Smashing Success

Jesse Voelkert
LIFESTYLES EDITOR

A Ford Taurus became the sacrificial lamb to the relieved tensions of Pacific students last Friday, February 10th. The event drew in students to watch the destruction sponsored by Pacific’s Circle K, even Power Cat stopped by. "Before their classes started people were seated in lawn chairs watching," commented Kevin Arthur, who helped run the booth for the event. Safety precautions were met, contenders signed a waiver and were given shin guards, gloves, and a helmet for protection. A couple of cops were also stationed nearby. Students were given a choice between tools, ranging from baseball bats, sledge hammers, and spray paint cans. The money raised went to support the operation costs of Circle K, a community service organization.

Jesse Voelkert
Ruben Dominguez
Scott Henderson sporting the sledgehammer.

Natalie B. Compton

The damage towards the end of the event.

Interscope Records

Van Halen's new album A Different Kind of Truth.
### Dean's List – Fall 2011

The Eberhardt School of Business regularly recognizes students who have achieved a GPA of 3.5 or higher during the previous semester by including their names on the Dean's List. On behalf of the Eberhardt School of Business, I congratulate and commend the following students for their commitment to academic excellence at the University of the Pacific.

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Navpreet Kaur</td>
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<tr>
<td>Jason Kawilarang</td>
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<td>Kelly Kerns</td>
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<td>Mohammed Khan</td>
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<td>John Yoon</td>
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<td>Michelle Zepeda</td>
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"Beauty is Not Measured By Appearance..."

"Confidence is beautiful", and "You're looking good", you cannot help but smile and feel a surge of confidence as you read about what really matters. The dictionary defines beauty as: "the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit." Mirrorless Monday showcases the idea of beauty that exalts the mind and spirit. Beauty lies within and is not just about being physically pleasing.

As a tie into Valentine's Day, Tuesday was "Love Yourself Day". While it may seem ridiculous to "love yourself", this day is about focusing on what you have to offer and above all, appreciating yourself. The day was filled with various events around campus in celebration of St. Valentine's Day. Students were able to receive free blood pressure checks, salsa lessons, and facials. Not only was this a great way to celebrate Valentine's Day, but it also allowed students to focus on their health and learn how to maintain a healthy lifestyle.

Today, everyone is encouraged to walk around campus followed by a presentation in the President's room from 6-8PM on eating disorders. Area experts will be there to answer any questions on eating disorders and discuss steps to help those with the illness. Finally, tomorrow is all about promoting healthy relationships with a seminar from 11:30-1:30PM in the DUC. The week will end with a leisurely game of kickball on the UC Lawn.

This whole week allows students to take a step back and realize what is important, and how they can be the best person possible by loving themselves and being healthy. If anything, this week allowed students to self-reflect and realize what makes them happy and how they are beautiful. Beauty is not measured by appearance, it is measured through the content of your character and the passion of your heart. Hopefully students will take this seriously and learn that looks are not everything as long as you are happy and healthy.
Pacifican Spotlight:
Music Artist, Ryan Star

Ryan Star, even though only 34-years-old, has been doing music for 20 years. He started his career with his band, Stage, in New York.

“We were a misunderstood rock band at the time. I trusted the record companies would do that [get the music out to people]. They don’t know anything either so that was a big fail. They try to make you fit in a box. I learned that they didn’t know best and that you got to learn to present yourself.” After being with the band for 12 years, he went solo.

In 2006, he became a contestant on Rock Star: Supernova to compete to be the new lead singer of a group featuring musicians from Motley Crue, Metallica, and Guns N’ Roses. “It was a badass show to be honest. My first initial reaction to the idea of anything like that was so cheesy, stupid, and sellout.” Even though he did not win the competition, it still helped him gain some fans.

“I never did anything I wasn’t proud of. I learned a lot about humans because I saw how quickly people can change when faced with fame. It is pretty gross, and I got to work with pretty high up people in the TV world and realize that Lucifer lives amongst us all.”

In 2008, Star’s song “Brand New Day,” off his debut album, with Atlantic Records, 11:59, was also chosen to be the theme for the show “Lie to Me.”

“That was cool because I really like visuals mixed with music. What a cool show to be a part of.”

Star is set to go back into the studio in March, but didn’t want to leave his fans waiting too long. He decided to release a free EP, The America, available on his Twitter page.

“The spirit I have now with The America EP is you can’t filter me, you can’t put me in a box, and you can’t tell me to write “soul sister.” This is gonna be an album for my fans and an album to make an incredible line of new fans. People are going to hear me probably for the first time with everything I know now. When I did “Elephant” [his first solo album], I was younger so I didn’t know as much. I have more to say, and it’s been a while since I’ve said it. It’s gonna come out in my music, and no one is gonna censor it.”

Ryan Star is definitely a class act. He loves what he does and does it because of his passion. Luckily, he is getting recognized by fellow artists and has toured with bands such as the Goo Goo Dolls, Bon Jovi, and even sang a duet with the Backstreet Boys.

“They are [Backstreet Boys] the true rock stars of our generation. Most rock bands I know, they’re like me. We’re resting our voice and drinking a lot of water. If you’re in a boy band, girls are flashing them side stage while they’re singing to 12-year-olds. They’re this generation’s Motley Crue. BSB forever! Out of all of the people I’ve hung out with, they are the biggest rock stars.”

Star is a genuine musician who understands that his fans want whatever he wants. “My fans react best to what I react best to. My fans are a great reflection of me. That’s why they’re also passionate. I’m a reflection of them. What I like, they’re like and I’ve learned that now.”

If you love artists like Adele who put out real, unprocessed music, take a chance with a real Star.

Photos: Ryan Star opening for Andy Grammer.

Samantha Taylor
CONTRIBUTING WRITER

On Friday, February 10th, a crowd at the Pride Alliance’s production of The Rocky Horror Picture Show did as commanded the shadow cast’s three rules: “no photography” (Rule #1), “toss up and back” (Rule #2), and “you must time warp a hot tubokie!” (Rule #6).

After a brief “attitude check” consisting of shouted words implying: you should procreate with yourself, the virgin sacrifices commence. Before you jump to conclusions, the virgins were harmed in the performance of this show. The virgin sacrifice is a game that is used to initiate new viewer, someone who has never seen the movie in a theater setting with a shadow cast.

“Well I didn’t realize that I was going to be dancing on a human stage pole, but once you get into it, it’s fun,” said Shelden Balatico C.O. 2013, one of the more enthusiastic sacrifices, “I didn’t even realize that I was front of the whole room. I just wanted to have fun.”

Shelden was one of the two sacrifices to be chosen for participation in the show. The other was senior Cat Robles. The pair was spot casted as a married couple that appeared in the opening scene.

The idea of audience participation started back in the 70’s and has been going strong for 30 years now. The basics of AP are shouting lines or along with the movie, tossing the occasional toilet paper roll or slice of toast and, of course, dancing the time warp.

“It wasn’t like shows of Rocky I’ve seen before, but it was hilarious,” sophomore Megan Griffin said about her first ever viewing of the movie. She didn’t have any prior knowledge beforehand so she was true Rocky Horror virgin.

With the overwhelming turnout and such positive feedback, it seems that Rocky Horror is here to stay especially since it was officially declared an annual event this year. Go ready Pacific, next year we’re doing the time warp, again!
Heart Health: Easy Tips to Improve Your Ticket

Alexandra Caspero
CAMPUS DIETITIAN

Love is in the air this month so keep your heart as healthy as can be with these simple tips.

NutriCat's top foods for heart health are oatmeal, garlic, fruits, vegetables, brown rice, lentils, beans, nuts, and healthy fats like salmon, flaxseeds, and avocados.

Eating the above foods every day plus 90-60 minutes of vigorous exercise daily is the best way to improve heart health.

Want to go even further?

Reduce intake of high cholesterol foods:
Fast food, fatty or processed meats like sausage, hotdogs, shellfish, chicken skin, red meat, and dairy items like cheese, egg yolk, butter, ice cream, and milk.
Reduce intake of saturated fat:
Hard oils at room temperature like palm & coconut oil, butter, red meat, processed meats, cheese, and ice cream.

Decrease foods high in sodium:
Bread (check labels), ketchup, hot sauce and other condiments, pizza, cheese, soy sauce, broths, frozen foods, fast food, and snack foods.

Need more tips? Sign up for a free session with NutriCat by calling 946-2315 ext. 1 or online at MyHealth@Pacific
Pacific Tops Northridge in Waning Seconds

Rivera's Basket with 1.9 Seconds Left Lifts Tigers

Natalie B. Compton
SOCIAL MEDIA COORDINATOR

Saturday, February 11th, Pacific Tigers defeated the CSU Northridge Matadors 62-61 at the Pacific Plays Pink game. The crowd was alive with excitement when the Tigers came back from a 12-point deficit at halftime to win the game in its final seconds.

The Spanos Center had entertainment for all ages at the Pink event, offering younger Pacific fans activities including a face-painting booth. Before the game, Pacific students tailgated out front. The Pep Band and Tiger Dancers supported the basketball teams and the breast cancer cause by sporting pink shirts and Men’s Water Polo team donned pink body paint for the occasion. The crowd also wore Pacific Plays Pink shirts and pink bead necklaces.

In the first half, the Tigers kept up with the Matadors, but soon fell behind. By the last quarter of the first half, the Matadors crept away from the Tigers, resulting in the 12-point lead at half time. Northridge’s Josh Green led the game with 11 points. During halftime, Pacific fans who knew someone who had fought breast cancer stood up in memoriam. With nearly every person in the Spanos Center standing, the crowd had a moment of silence.

Three days later, the Tigers and Northridge would play again in the regular season. The Tigers worked to put them to sleep the first half, but then we chipped away and played really good basketball and to have an exciting tip in at the buzzer to win was really great for the fans and really great for the students so we were really happy about that.

Fans rushed the court and swarmed the team as the entire stadium boomed with excitement which the Tigers used that excitement to get them through the game.

"[The fans] put us in the game. We were down the first half and the second half, and we fed off the energy, or I know I did. I loved it, it was great," Rivera revealed afterwards. Head Coach Bob Thomason agreed.

"I thought it was an awesome crowd," Head Coach Bob Thomason pointed out. "I'm glad we came back. We put them to sleep the first half, but then we chipped away and played really good basketball and to have an exciting tip in at the buzzer to win was really great for the fans and really great for the students so we were really happy about that."
WOMEN'S BASKETBALL: Both senior Kendall Rodriguez (25) and freshman Kendall Kenyon (22) totaled career-high point totals as the Tigers easily dispatched UC Irvine 87-63. Rodriguez did not miss a single shot in the second half, in which she scored 20 points. It was Pacific's 5th-annual Pacific Plays Pink game. The Tigers donned pink uniforms in support of the fight against breast cancer.

SOFTBALL: Pacific opened the 2012 season over the weekend at the Stacy Winsberg Memorial Tournament in Los Angeles, CA. In the opening game on Friday, the Tigers held a 2-0 lead going to the seventh inning but could not hold on. #18 Kentucky came back to win 3-2 in a heartbreaker. The following day, the Tigers fell to #13 UCLA 10-2 in six innings. Sophomore Kelsey Rodriguez belted the first Pacific home run of the season in the 4th.

MEN'S VOLLEYBALL: The Tigers battled two MPSF foes over the weekend. Friday, the team fell to No. 11 CSU Northridge 3-2 (21-25, 25-20, 21-25, 25-18, 15-13). Senior Florian Gornik led the team with 21 kills in the loss. The next day, Pacific tasted victory once again, upsetting No. 9 Long Beach State 3-1 (19-25, 25-21, 25-23, 25-19). Gornik totaled 20 kills in victory, while senior Sean Daley recorded eight blocks for the second consecutive game.

TEennis: Both tennis teams went 1-1 in weekend action. The Men's team hosted Loyola Marymount on Saturday, falling in a close 4-3 match. The Tigers rebounded on Sunday, blasting St. Mary's 6-1. Meanwhile, the Women's team suffered a sweep at Long Beach State on Saturday. However, Pacific did rebound with a 6-1 over UC Riverside the next day.

WOMEN'S WATER POLO: Last week, the Tigers outdueled Fresno Pacific 13-6. On Saturday, Pacific proved that that win was no fluke, taking out the Sunbirds 9-4. Sophomore Malena Prlain notched her third hat trick of the season, while freshman Taylor Adair contributed two goals as well. The Tigers have now won the last six consecutive matches against Fresno Pacific.

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**PACIFIC SPORTS SCHEDULE**

<table>
<thead>
<tr>
<th><em><strong>HOME GAMES IN BOLD</strong></em></th>
<th>THURSDAY, FEBRUARY 16</th>
<th>FRIDAY, FEBRUARY 17</th>
<th>SATURDAY, FEBRUARY 18</th>
<th>SUNDAY, FEBRUARY 19</th>
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<tr>
<td><strong>BASEBALL</strong></td>
<td></td>
<td>@ California</td>
<td>vs. California</td>
<td>@ California</td>
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<td>Evans Diamond</td>
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<td><strong>MEN'S BASKETBALL</strong></td>
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<td>vs. Idaho State</td>
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<td>The Matadome</td>
<td>Alex G. Spanos Field</td>
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<td><strong>WOMEN'S BASKETBALL</strong></td>
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<td>@ CSU Northridge</td>
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<td>The Matadome</td>
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<td><strong>MEN'S SWIMMING</strong></td>
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<td>vs. Bradley</td>
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<td>vs. CSU Stanislaus</td>
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**Standing**

(as of February 11, 2012)

**WOMEN'S BASKETBALL**

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**MEN'S BASKETBALL**

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<td>Cal Poly</td>
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<td><strong>Pacific</strong></td>
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<td><strong>6</strong></td>
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<tr>
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<td>UC Davis</td>
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Pacific Women’s Basketball Cards

As the Pacific Women’s Basketball team enters the final stretch of Big West Conference play, readers are encouraged to show their Tiger Pride with these one-of-a-kind basketball cards. The cards include game statistics on each player, as well as their positions and graduating classes.

Hometown: Santa Monica, CA
Previous School: Santa Monica HS
Height: 5' 9"
2011-12 Stats (per game):
MIN: 3.1
PTS: 1.1
AST: 0.1
REB: 0.5
STL: 0.5
BLK: 0.1
FT%: 75.0

#2
KELLI LEWIS
JUNIOR • GUARD

Hometown: La Habra, CA
Previous School: Brea Olinda HS
Height: 6' 0"
2011-12 Stats (per game):
MIN: 39.9
PTS: 12.6
AST: 1.6
REB: 7.8
STL: 1.6
BLK: 0.2
FT%: 81.5

#3
KRISTINA JOHNSON
FRESHMAN • GUARD

Hometown: Eugene, OR
Previous School: Lane Community College
Height: 6' 1"
2011-12 Stats (per game):
MIN: 15.7
PTS: 6.1
AST: 0.3
REB: 0.3
STL: 0.7
BLK: 0.1
FT%: 78.5

#4
KENDALL RODRIGUEZ
JUNIOR • GUARD/FORWARD

Hometown: Stockton, CA
Previous School: St. Mary’s HS
Height: 6' 2"
2011-12 Stats (per game):
MIN: 13.2
PTS: 7.4
AST: 0.3
REB: 0.9
STL: 0.4
BLK: 0.0
FT%: 73.3

#5
ASHLEY SMITH
JUNIOR • GUARD

Hometown: Santa Monica, CA
Previous School: Santa Monica HS
Height: 5' 9"
2011-12 Stats (per game):
MIN: 3.1
PTS: 1.1
AST: 0.1
REB: 0.5
STL: 0.5
BLK: 0.1
FT%: 75.0

#10
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