Faltering Economy Causing National Depression?

Ann Mazzaferrro
Pacifican Staff Writer

Amidst the national conversation about the stumbling economy, talk of depression looms large. Not economic depression alone, but something far deeper and sadder than any loss of fortune. The depression garnering much attention in the media is the psychiatric condition of depression and its link to the faltering markets and demolished stock holdings. Many are speculating that the stress of the global economic meltdown is causing a severe spike in the number of suicides in recent months.

On some level, this theory may appear to hold water. The recent suicide of Irish real-estate tycoon Patrick Rocca was thought to be brought about, in part, by Rocca's financial troubles in the face of slowing markets in England and Ireland. Suicides by several business executives in Great Britain, Germany, and India have been thought to be caused in some part by failing markets and imploding investment firms, as well as the victims' stakes in them. An investor with famed Ponzi-scheme runner Bernie Maddoff committed suicide after discovering that his estate and holdings were worth little to nothing.

This economic crisis does not take a deadly toll on members of the upper classes alone. Carlene Balderrama, Raymond and Deanna Donaca, and Kartik Rajaram are all average Americans whose suicides have made headlines in the past few months. In each case, the faltering economy, housing foreclosures, and joblessness were said to have played a part in their tragic deaths. According to a recent article in USA Today, calls to the National Suicide Prevention Hotline have increased thirty-six percent from 545,000 last year.

Yet, it would seem that the economy is taking a toll on everyone's spirits with chilling consequences...but is there more to this recent spike in depression than the economy alone?

It would appear that there are far deeper underlying issues than economic woes alone that are plunging so many people into despair. According to the website of the American Foundation for Suicide Prevention, the media has unfairly cited the economy as a catalyst for psychiatric depression, pointing out that the roots of depression are far deeper and thornier than the global economic implosion.

"Although it is true that such stressors can precede a suicide, the issue of causation is much more complicated. In fact, more than 90 percent of people who die by suicide have an underlying psychiatric disorder at the time of their death, most often depression. It is important to note that when people have recovered from their depression, the stressful events look different to them, and because they are thinking more clearly they can find better solutions to their problems," states the AFPS website.

continued on next page

What are the symptoms of depression?

If you're feeling any combination of the following symptoms, it may be in your best interest to consult a mental health expert or counselor, services are provided at the Cowell Wellness Center

* Loss of interest in normal daily activities
* Feeling sad or down
* Feeling hopeless
* Crying spells for no apparent reason
* Problems sleeping
* Trouble focusing or concentrating
* Difficulty making decisions
* Unintentional weight gain or loss
* Irritability
* Restlessness
* Feeling easily annoyed
* Feeling fatigued or weak
* Feeling worthless
* Loss of interest in sex
* Thoughts of suicide or suicidal behavior
* Unexplained physical problems

www.mayoclinic.com

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Are All Majors Created Equal?

Sachi Takahashi-Rial
Pacifican Staff Writer

It makes sense that each college and major at Pacific spends a different amount of money on each student than other colleges do. Some programs require expensive equipment. Others have more faculty and staff to pay. However, the results are not what one would expect.

One would imagine that the most prestigious and well-known programs of a university would be the most expensive ones to fund. However, this is not the case for Pacific’s renowned School of Pharmacy. The Pharmacy school actually spends less on each student than other colleges. This may be attributed to their high enrollment. On the same note, the Conservatory of music has one of the smallest enrollments but the highest spending per student.

Some of these graphs may be deceiving. For example, College of the Pacific seems to have a rather high spending amount per student. However, this does not take into account that all students have to take classes through COP (for their GE requirements) even if their major falls in another college.

It is necessary to know how many units each school offers because this measures the work that each college accomplishes. In the end, it is the role of each college to provide courses (units) for students to take. The more units offered, the more time professors are working, which means the more time students spend studying. As a result, more classrooms are needed and more maintenance is required. All of these lead to increases in spending. Understanding how much money is put into each course unit taught is similar to knowing how much each college invests in these aspects.

DEPRESSION, cont. from front page

ABC News recently released an article positing that suicides caused by the economy may be a myth, with multiple doctors pointing out that depression and suicide are most often caused by a combination of several factors, from inability to handle stress to long-term illness to underlying psychiatric disorders.

This would not be the first time that the economy was blamed for a spike in depression and suicide. Many believe the Great Depression was a catalyst for increased suicides during the period, but records from the period show that suicides increased from 14 in every 100,000 to 17 in every 100,000, according to ABCNews.com. Measuring the impact of financial crises on suicide rates can be difficult. As AFSP points out, the most recent statistical data on suicide rates is only available from 2005 onward, making an assessment of the influence of the economy on current suicide rates difficult. USA Today noted that the calls to the National Suicide Prevention Hotline were increasing before the US headed into its most recent economic recession.

Whether this recent upswing in suicides and depression is truly caused by the economy or not, what cannot be denied is the seriousness of taking care of one's own mental health. Pacific students who feel despair, hopelessness, or any other major symptom of depression are urged to contact Cowell Wellness Center at 209.946.2315, ext. 2, to schedule an appointment. Even if you are just feeling panicked by a dwindling checkbook balance or a hectic semester, take the time to meet with a trained mental health professional who can help you develop coping strategies and stress relief techniques.

While the losses to the economy can be calculated in dollars and cents, the loss of human life is immeasurable. Take the time to care for yourself. Money can be regained; life and time, never.

UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT HIGHLIGHTS
JAN. 18 - JAN. 24, 2009

SUSPICIOUS PERSON
CARTER HOUSE 01/19/09
Officers responded to a report of a male subject sleeping on a couch in the common room. Officers made contact. Subject was interviewed and revoked from campus.

SUSPICIOUS INCIDENT
LOT 7 01/20/09
Officers responded to a report of a dog left in a vehicle. Officer contacted the owner and owner took dog home.

SUSPICIOUS INCIDENT
PACIFIC AVE 01/21/09
Officers responded to a report of a kitchen knife in the area. Caller reported placing the knife in a garbage can at the bus stop in front of Burns Tower. Officers responded, located and disposed of it safely.

SUSPICIOUS INCIDENT
PACIFIC AVE 01/22/09
Officer conducted a checkout on a male subject who failed to yield at a crosswalk. Subject was almost struck by a vehicle and warned for the violation.

FIRE ALARM
RAYMOND GREAT HALL 01/23/09
Officers and SFD notified of a fire alarm. SFD cancelled due to fog machine activation.

ALCOHOL ARREST
CASA WERNER 01/24/09
Staff reported a male subject in the women’s restroom. Officers responded and determined the subject was intoxicated. Subject was arrested and transported to the county jail for detoxification.

Ron Cordes is coming to speak today at the University Council of Social Entrepreneurship meeting at 5 p.m. in the Bechtel International Center, about why he has chosen to support youth social entrepreneurs. Cordes is the Senior Executive with Genworth Financial, Inc.
2009 Senior Class Gift

Make your Senior Class Gift of $20.09 and receive:
* Class of 2009 t-shirt
* Your name listed in the 2009 Commencement Program
* Entrance into the 2009 Senior Soiree
  May 5th in DeRosa UC Ballroom
* 20 seconds of personal airtime in the time-capsule video

The Class of 2009 Fundraising Goal is $10,000!

Look for the Students in Philanthropy Council at these events to make your Senior Class Gift!

January 24, 2009
7:00 PM
Alex Spanos
Men's basketball vs. UC Santa Barbara

February 12, 2009
7:00 PM
Alex Spanos
Men's basketball vs. Cal State Fullerton

February 14, 2009
7:00 PM
Alex Spanos
Men's basketball vs. UC Irvine

February 25, 2009
7:00 PM
Alex Spanos
Men's basketball vs. UC Davis

March 7, 2009
7:00 PM
Alex Spanos
Men's basketball vs. Cal State Northridge

March 17, 2009
10:00 AM
Bookstore
Grad Fare: 10 a.m. - 4:00 p.m.

March 18, 2009
10:00 AM
Bookstore
Grad Fare: 10 a.m. - 4:00 p.m.

March 19, 2009
10:00 AM
Bookstore
Grad Fare: 10 a.m. - 4:00 p.m.

March 19, 2009
11:00 AM
UC Ballroom
Career Fare: 11:00 a.m. - 4:00 p.m. (tentative)

May 5, 2009
All day
UC Lawn
UC Senior Celebration

Looking for great volunteer opportunities?

Look no further, Campus Day of Service is here! This semester the Center for Community Involvement will host Pacific's 3rd Annual Campus Day of Service. On February 7, 2009, from 9:00 a.m. - 12:30 p.m. Pacific students, faculty, and staff are invited to Oak Park for a massive park clean-up project with Stockton's Community Services Department (formerly Stockton Parks and Recreation Department). Oak Park offers many different recreation opportunities to the Stockton community, including a pool, ice area, and senior center. With the help of hundreds of Pacific students, the park will get a major face lift to benefit Stockton residents. This day will include painting, landscaping, and clean-up projects around the area.

For more information, call the Pacific Fund Office at 946-2780 or email Hutchinson 09, chair of the Senior Class Gift Committee, via email at seniors or through Facebook.

Also, feel free to stop by the Pacific Fund Office anytime to make your gift. Hand Hall, Room 220, 8:30 a.m. - 4:30 p.m.

$825 Billion Dollar Economic Stimulus Package F.A.Q.

Lindsey Ball
Pacifican Staff Writer

Among his many promises, President Obama has assured the American populace of an $825 billion plan to jumpstart the economy through tax cuts and job creation. $825 billion dollars is a massive sum of money and it is important for people to know exactly where it is going.

Investment and depository banks are already receiving $700 billion dollars in government aid with the hopes that additional cash-on-hand (liquidity) in the system will make banks more willing to loan out money to each other, to businesses and to individuals. This plan was put in place by the Bush administration back in the Fall of 2008. Theoretically, this is supposed to work however there is controversy around why banks aren't loaning money out to begin with. Some economists say that the problem is not liquidity in the system; the problem is more about confidence. Confidence is a key element in bank lending, if banks do not trust that making out loans will be to their advantage (because they might default and large amounts of interest payments lost) then they won't lend out money, regardless of how much they may have on hand.

Even though $700 billion has already been added to the government deficit last year, President Obama wants to add $825 billion dollars to that, confirming that this recession is the most expensive in history. The upside is that Obama's plan is fairly straightforward and instead of giving money to banks, President Obama is putting more money into the hands of consumers. It is plain to see that consumers need more cash because of lay offs and foreclosures. With unemployment rates rising, there is a drop in consumer spending, businesses, small and large, are hurting with less and less profit each month.

Job creation is a major part of the stimulus package. President Obama intends to improve the national infrastructure through the repair of roads and bridges as well as the renovation of older government owned buildings, which will create thousands of jobs across the country. The estimated budget dedicated to job creation is $355 billion. The downside is that it is difficult to forecast exactly how much money will be needed to lower unemployment. President Obama only plans on spending half of this budget before 2010, which means that nationwide job creation will not happen very rapidly.

The job creation is still not exactly agreed upon in Congress. Republicans believe it is not the most efficient allocation of government funds and that there should be additional spending for tax cuts rather than job creation. Many believe that jobs will not be created as easily as the President hopes, and there are concerns regarding whether spending $355 billion is worth the number of jobs that will be created.

Besides the job creation promotion, President Obama does plan to take swift action in some fiscal policies. $272 billion will be spent on tax relief for individuals and for businesses. Tax relief is a swift way to give the economy the jolt that it needs.

To deal with the crisis immediately, President Obama does intend to strengthen unemployment benefits to take care of those who are already out of the job.

As promising as the stimulus package sounds, a major debate is building up in Congress on exactly how much control the government has and whether more government power over market fluctuations will actually benefit the U.S. economy in the long run. It is difficult to tell right now whether spending money this quickly will lead to faulty oversight of where the money is actually going or if the spending is vital to restoring the health of the economy.
Searching for the next President...

Candidate One:
Dr. Pam Elbeck
(left)
Dean, College of Engineering
Texas Tech University
Tue - Thu, January 13-15
Stockton Open Forum: Jan. 13, 4-5, Grace Covell Hall
Sacramento visit: Jan. 14, 1-4 p.m.
San Francisco visit: Jan. 15, 8:30 - 11:30 a.m.

Candidate Two:
Dr. Paul Ferguson
(right)
Provost and Vice Chancellor for Academic Affairs
Professor of Pharmacology/Toxicology and Biology
Southern Illinois University, Edwardsville
Mon - Wed, January 26-28
Stockton Open Forum: Jan. 26, 4-5, Grace Covell Hall
Sacramento visit: Jan. 27, 1-4 p.m.
San Francisco visit: Jan. 28, 8:30 - 11:30 a.m.

Reach Out Out Pacific

The Reach Out program at the Center for Community Involvement has recently created a competition among the student organization groups and their recognized volunteers. In general, Reach Out provides students, faculty, and staff of the University of the Pacific with opportunities to contribute to the Stockton community through service and volunteer work. Within the competition, these students and the groups they belong to, which include university recognized fraternities, sororities, halls, and clubs, are given a chance to be recognized for their hard work!

The competition has two winners. One winner will be the organization that completes the highest number of service hours total, and the other winner will be the organization that has the highest average of service hours per member. The Reach Out Volunteer Celebration, recognizing organizations who win the Reach Out Groups competition, as well as individual volunteers who complete over 50 hours of community service, will be held April 29, at 7:00 p.m. in the University Center Ballroom!

We highly encourage members of the organizations to log their hours online in order to earn credit for their endeavors. If you are interested in being part of the Groups Competition please contact Emma Cohen at cci@pacific.edu or 209.946.2444.

Below you will find the top eight organizations within the competition at this moment and the hours of community service they have completed. Good luck to all and don’t forget to log those hours!

Reach Out Groups Competition Rankings

<table>
<thead>
<tr>
<th>Organization</th>
<th>Hours logged on Reach Out Online As of December 1st</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sigma Alpha Iota</td>
<td>271.25</td>
</tr>
<tr>
<td>Alpha Phi Omega</td>
<td>167.75</td>
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<tr>
<td>Sigma Chi</td>
<td>138</td>
</tr>
<tr>
<td>Pi Kappa Alpha</td>
<td>69.75</td>
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<tr>
<td>Ambassadors</td>
<td>34.50</td>
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<tr>
<td>African American Student Union</td>
<td>30.50</td>
</tr>
<tr>
<td>Alpha Phi</td>
<td>20.25</td>
</tr>
<tr>
<td>Delta Gamma</td>
<td>10.5</td>
</tr>
</tbody>
</table>
Hats off to you!

Calling all 2009 Graduates!

Would you like to speak at commencement?

Apply to be a Commencement Speaker by February 23, 2009!

Visit www.pacific.edu/x27177 and download an application! Turn them back in to the Office of Student Life, Hand Hall, Suite 135 or if you have any questions email Denia Andersen at dandersen@pacific.edu.
EDITORIAL
Restrain Those Fingers

The Pacifican urges everyone to retain common sense and obey California's newest law: no texting while driving.

As of the first day of 2009, this law (Senate Bill 29) has taken effect and serves to decrease the number of lives unnecessarily killed on the road. Just like the bill passed last July that prohibits talking on the phone while driving— unless you use a hands-free device— texting behind the wheel is even more dangerous, for it requires us to take our eyes off the road.

People, we are not superheroes who must be contactable 24/7— so why should we be so responsive to our cell phones? Have we forgotten that driving is a full-time job?

Sure, many of us may believe it is possible to punch in an "I luv u" or "What r u doing 2nite?" without getting distracted. But the few seconds it takes to press those buttons or to flip open your phone and read what your buddy said can cost you your life, as well as other lives. It takes just those few seconds to not see that car change into your lane, brake lights flashing in front of you, or a pedestrian crossing the street.

According to the Human Factors and Ergonomics Society, drivers using cell phones are 18 percent slower to react to brake lights. In addition, roughly 2,600 deaths and 330,000 injuries result in the United States each year due to cell phone usage during driving.

Communication is not worth endangering yourself and other drivers. Resist the temptation to read an unimportant message that can be read later when you're not behind the wheel. After all, curiosity did kill the cat.

Paperless Problems

Seema Ghatnekar
Pacifican Managing Editor

Walking around campus, I find more students carrying laptop bags than ever before. Given the fact that we are in college, it baffles me to find that desktop computers are a thing of the long past. In a class setting, two of my classes have gone "paperless" and I find myself torn between loving my computer in times of extreme class boredom, and longing to doodle on the sides of my notebook pages.

There is quite a distinction between using a laptop versus a notebook in classes. I find it much easier to understand and remember things that I write down by hand, than it is to remember and understand the notes I type on a computer. However, I do appreciate the neatness that comes with using a laptop. It is also extremely convenient to have that mini, built-in microphone that comes along with most laptops. I'm able to take notes in class, while at the same time, recording sound clips of important points in my teachers' verbal lectures.

Going beyond the breadth of our University, this computer-based learning--extremely popular throughout the nation. It is understandable that college students carry around laptops, but when there are "laptop programs" in middle schools, the lack of a paper-based learning system becomes questionable. However, we do have the benefit of a competitive edge over other tech-friendly nations.

As a thirteen-year-old, I never thought there was anything wrong with writing things down on paper. In fact, I believe my writing must have improved by this simple practice. Can you imagine what would happen if elementary students became a little too keen with their laptops? Spell check would most likely become absolutely necessary (if most people don't completely rely on it already) and in a few years, handwriting would take an even worse turn than it already has. It could also be safe to say that there may be a difference in a student's thought process when using the two different forms of writing as well.

Needless to say, we would be saving a tremendous amount of paper, the use of which could eventually become obsolete. Already, the world is seeing a turn in the number of paper newspapers, magazines, and books sold and purchased. What does this mean for the future of paper? Moreover, what does this mean for those companies that are based on the use and production of paper?

The desktop computer and the laptop have truly been a revolutionary advent to the world. But really, how long has paper been around for? It seems as if the world is having a paperless revolution, as paper is becoming a commodity that is seen as wasteful and unnecessarily costly. Personally, I can't wait to see what happens in the next ten years—how far will we go to become a paperless world?
We've all been there. You go out to eat with your roommates, and you've reached the end of your meal. Everyone is full, and you get that familiar feeling that you see about to hit that "food coma" state. Then the bill comes. Splitting up who owes what is difficult enough for some (myself included), and then someone always has to be the downer, reminding everyone, "Don't forget the tip!"

As if it's not hard enough to scrape together enough money to actually eat out while in college, you then have to fork over those last three dollars to your waiter or waitress, who probably wasn't anything spectacular. Maybe they didn't even do a good job at all — slow to serve, rude, and impatient. Why do you owe them ten to twenty percent of your bill? All they did was bring you plates of food and beverages. Is that really a difficult task?

To tip or not to tip? That seems to be a somewhat controversial question. Those who have worked in any type of service industry are most likely very supportive of tipping. It makes up a large part of their income, and many service jobs pay below or barely meet minimum wage, which is not enough money for someone to live comfortably. I know these are hard-working people, but I do not feel it is our responsibility as consumers to make sure they are earning an appropriate amount of money. I believe that is the employer's job. If the person in charge of any establishment company where tipping is practiced does not compensate their employees appropriately for their labor, the employees should take it up with them instead of depending on their customers.

Last year, I studied abroad in Europe, where tipping in restaurants is not expected or regularly practiced. Occasionally, a service fee was tacked onto the bill, but it was usually only for large parties. In many European countries, it is understood that the employer will care for his employees. Of course, if I came across a really friendly or helpful waiter/waitress, I would leave them a few Euros if I had some extra cash, but there was no expected percentage of my bill that I was supposed to pay.

I enjoyed how he once again begins his last line with "Farewell," once more waving goodbye to authority and the conformity to it. Prior to this line, he paints a picture of the strength in rebellion — just look at how he describes hatred as failing to seep into the rebels' minds — like a deadly liquid failing to poison their bodies. His simplicity, how he describes hatred as failing to seep into the rebels' minds, shows attitude — a strong element of any poem. Keep this in mind when you write your own poetry. Expressing an attitude with passion accentuates your voice and bolsters the point you want to make, especially if it's a political one like Ceballos's.

This is my favorite stanza. Probably because it has a strong image — the rusty gates. Ceballos uses these iron gates to represent prison, emphasizing the tedium and confinement one experiences when strictly adhering to the rules of a system. The children he mentions add an emotional touch, basically saying that we must educate future generations to rebel, not to naively obey. He goes on to say,

"Somewhere or somehow they will look back. What were they thinking? We don't think their choices were worthwhile, questions, no answers, doubts, questions... Silence."

Here, Ceballos zooms in on the conformists themselves. He poses the question, "What were they thinking?" He points to how followers will eventually recognize the stupidity they were guilty of. We are then led into a nice closure to the poem, which literally comes to a silence that can be interpreted in multiple ways. Is it a silence of compliance, now that the followers realize their wrong ways and loudly rebel now? Or perhaps silence is their speechlessness in response to "What were they thinking?"

For they have no idea why they ever chose to conform instead of deviate.
THE DEMOCRAT

Ally Mengarelli
Pacifican Staff Writer

A Pacifican perspective: Ally Mengarelli was brought to reality the first day she opened herfirst class. She opened it a wide smile came across her face. She was so nervous as she handed the note back to her, and as she opened it a wide smile came across her face.

It was that easy to back in the old days of grade school and high school. No dates, no awkward introductions, no problem. Within the week my relationship with Maria had run its course. We were no longer together by that next Saturday, but we're still friends to this day.

Back in grade school and high school, the latter of which I’ve departed a mere seven months ago, relationships were so easy. You could meet a person, think they were cute, and then begin a “relationship,” all in the course of an hour. To be truthful, it seemed as if the king of the one-hour relationship.

I could decide whether or not I liked a person whom I just met, start a relationship with them if I did like them, and then end it all within a week on a good note, without any hard feelings. I don’t know if that is something I should be bragging about, but you must admit, it is quite a feat.

Now as a first-year college student, I came to Pacific with the idea that nothing had changed. I just knew that I would be able to pass along handwritten notes and generate relationships with ease. You wouldn’t believe how wrong I was.

I was brought to reality the first day I went into my routine of smiling and giving compliments. But it was all to no avail. For the first time in my life, I rejected.

Now, if I had any kind of sense I would’ve been my first class. What makes up 81% of this great nation—hard-working Americans can provide for their families and save for the future. There will be no more delving into retirement funds or Social Security to make ends meet; long-lasting and well-paying jobs will be created that will benefit the environment and make for a new way of living.

Now vs. Then: Relationships

Raymond Zulueta
Pacifican Staff Writer

“Tipping: Obligation or Reward?”

from previous page

exactly why you cannot have employers upping the waiters’ wages. For each new customer, the waiter must adjust and see how generous the customers are. Service must be customized to earn the tip. Why not place it into the hourly wage, where would the personalized service come from?

A friend of mine and her family were laughing about their horrible waiter one night and came up with the idea of a tip counter. They would have a box that sat on the table and began counting at 20¢.

Next time you tip, think about everything your waiter is dealing with — the aggravation, the life at home, maybe even the ex. As the waiter gave poorer service, someone in the family would reach over to the tip counter and simply deduct a percent right in front of the waiter. If something exceptional was done, the waiter could earn that percent back. As hilarious as this was, it would keep waiters in check.

Next time you tip, think about everything your waiter is dealing with — the aggravation, the life at home, maybe even the ex. As the waiter gave poorer service, someone in the family would reach over to the tip counter and simply deduct a percent right in front of the waiter. If something exceptional was done, the waiter could earn that percent back. As hilarious as this was, it would keep waiters in check.

TIPPING: Obligation or Reward?

Ruben Moreno
Pacifican Business Manager

There you have it, Pacificans. History has been made with the inauguration of Barack Obama. We should all be proud of the historic moment. I would sincerely like to wish President Obama good luck during his first term.

This is also the departure of the Bush era. Although some of his decisions have been highly controversial, I do feel he protected this country and made important decisions any president would have gone under scrutiny for making. Bush handed back to the taxpayers shortly after the inauguration and, according to RealClearPolitics.com, had this to say about the new president, "Today was a great day for America, and a good man took the oath of office and we all offer our prayers for his success."

And now for what I see as potential mistakes our newly elected president and his administration may make. First off, I think the stimulus plan will need to be well thought-out. By well thought-out I mean they need to be negotiated by both parties. I do think Obama will try and work hard with his side of the aisle, but I am uncertain if Nancy Pelosi, Harry Reid, or any of the other snakes in Congress will make attempts in trying to prevent him from doing so. In the end, I hope Obama does what he has promised during the campaign trail.

It would also be a mistake to pump money into the same banks who, according to The Wall Street Journal, continue to show poor earnings and are buying out executives with golden parachutes.

Now is the time for the time to pay party politics, as we have seen the Democrats do in 2006 after taking control of both sides of Congress. It will take fiscal conservatism to turn this economy around, instead of more government spending. The Keynes theory did not end up working during the depression, folks, it was the Second World War which got us out of our worst economic dilemma.

Lastly, it is not the time to run up mass deficits and have China buy all our debt. It is ridiculous that our representatives even consider that as an idea. Now is the time to live within our means, Pacificans. Be smart with your money, and save.

CORRECTION:

In our last issue, in the article "A Tremendous Day of Hope and Expectation" we misspelled Dr. Brian Klunk, Chair of the Political Science Department as Dr. Brian Plunk. We apologize for the misspelling.
carpe diem
Eau de College

No one likes going into a gas station bathroom, because there is no certain way to definitively decipher what the liquid on the floor is or the stains on the toilet seat are from. But most importantly, who would dare to approach the area when you can smell it from 10 feet away?

It's not any different when we go to class and have to endure the gargantuan odors from the student in the row in front of you, or have to deal with stinky roommates.

If you're sharing a room, you will have to endure any strange smells of your roommate. If you're a guy and you're sharing a room with another member of the male species, hopefully you have a roommate with OCD. However, some females have been known to keep quite the gross room, with some even worse than a room of two males combined.

Sometimes, roommates may even blend smells, which could result in an even more ghastly odor. If you're lucky and have an apartment like I do, you are, hopefully, only haunted by your own personal smells.

Not only do smells permeate your personal bedrooms, but they can travel with you to other places as well. As a freshman in Southwest Hall, I would be presented with familiar smells of burnt popcorn and ramen noodles. In the residence halls, most of the vents are connected, so anything that happens in your room can possibly end up on the floor below you.

Let's take a sample bathroom, where there has just been a huge party last night, and all your friends came back drunk. You know, for a fact, that the windowless vents are connected, so anything that happens in your room can possibly end up on the floor below you.

In my personal experience, I've had more than 3 guys walk into my room and let it all out, to which I've smelt it from 10 feet away?

This "cutting of the cheese" not only smells wrong, but provides another example of the offensive double standard. For example, if a girl passes gas, men will regard her as disgusting or vulgar. But if a guy passes gas, women will say the same, but won't regard him as distasteful because typical guys will pass gas and laugh about it together.

It's hilarious for a few seconds after the joke of an embarrassing incident in class, but after the punch line, you'll be left with much more than a laugh.

In my personal experience, I've had more than 3 guys walk into my room and let it all out, to which I've shown them a taste of their own medicine. There are so many methods, and people have their own ways of dealing with them. Nonetheless, no one should have to endure the unpleasant odor of a silent but deadly stench, or the attention of a loud and putrid stink.

College is supposed to advocate the freedoms of youth in education and lifestyle, but one thing's for sure: if you smell or feel like letting out a big one, be considerate of the students around you, or wait until you can safely reach a bathroom or an large, empty area.

In any case, make sure to empty your garbage occasionally and practice good hygiene. If you don't care what about anyone else around you will think about your body odor, be concerned about your own health and well-being, because you don't know when simple body odor may be the symptom of something worse.

guilty pleasures

movie
Gran Torino
Disgruntled Korean War vet Walt Kowalski sets out to reform his neighbor, a young Hmong teenager, who tried to steal Kowalski's prized possession: his 1972 Gran Torino.
116 min.

book
Trainspotting, by Irvine Welsh
Set in the mid to late 1980s, the short chapters are narrated in the first person by various residents of Leith, Edinburgh who either use heroin, are friends of the core group of heroin users, or engage in destructive activities that are implicitly portrayed as addictions that serve the same function as heroin addiction.

music
"Kids,"
MGMT
"Fall For You,
Secondhand Serenade

tv show
Trust Me
Follows Mason (McCormack) and Conner (Cavanagh), a pair of ad men whose strong creative partnership has served the firm of Rothman Greene & Mohr extremely well over the years as they try to navigate the waters of inter-office politics, personality conflicts, easily bruised egos, professional jealousies and unreasonable client demands.
Mondays, 10 p.m. TNT

Sudoku

Fill in the blank squares so that each row, column, and each 3-by-3 block contains all of the digits 1 through 9.

Answers

© 2005 Krazydad.com
WIZ KID'S CORNER
Duende

Luis Gehalles
Pacifican Staff Columnist

I have brought you social critiques, ideas on how to improve your time at Pacific, and now it's time for a change. This week my column's perspective stays true to its illuminating nature, although it changes direction into a more academic approach. Many Pacificans have expressed their interest in art and its different components, but I am among the very few who are aware of one of the driving factors in the life of the artist: Duende.

Duende, although difficult to describe, is the dark spirit that produces great art in tortured souls. In Spanish mythology, it is defined as a fairy-like creature that is associated with mysterious victims into confusion, while others consider it a guiding entity. Federico Garcia Lorca, the Spanish poet famous for his depiction of Andalusian culture, had one of the best elucidations on the concept. Lorca described a certain trinity, possessed by some artists consisting of the angel, the muse, and the Duende. Together, the three constitute the different sources of an artist's motivation. The angel and the muse are acquired from without, while the Duende can only make its presence felt through the very insides in the most visceral sense. Duende, unlike the other two, is closely associated with death and cannot be consciously summoned.

The concept itself has only recently made its way into the English dictionary. Andalusian people are probably the most well versed in the notion, but Lorca himself had trouble explaining it, and up to this day the idea has yet to achieve concrete interpretation. Goethe's explanation of the mystifying source of inspiration was a mysterious power that all may feel and no philosophy can explain. It is claimed to be observed mainly in the performing arts like dancing, acting, and singing, but can also be observed in literature and painting.

Lorca was once told that everything that has "black sound" has Duende, which goes back to the notion of the artist having gone through difficult situations in their lifetime in order to produce outstanding works of art. The truly important thing to consider is the artist's perception of death and the close relationship held between the two. It can be through their fascination with death and perhaps a close encounter that made them appreciate life in a different manner. The spirit of Duende can then be interpreted as the romantic notion of having a death wish. It can also be achieved through suffering and pain that can then be transferred into art, as the individual's source of inspiration.

How is Duende observed? The answer to that question might be as subjective as the presence of Duende itself. For example, in Flamenco, Andalusian people refer to having Duende when the performer becomes possessed by this inexplicable force to truly achieve a great performance. It can be observed in jazz when improvisation goes above and beyond the norm. In bullfighting it is when the bullfighter works his magic with the cape to perform a series of first-rate constructed passes and ends with a mortal sword thrust. Poetry itself can probably shed the most light on the spirit of Duende, since the person whose best explanation is attributed to a well-established poet.

During his famous lecture on "Play and Theory of the Duende", Lorca went on to say the following regarding the dark spirit of "Duende": "Thus Duende is a power and not a behavior, it is a struggle and not a concept. I have heard an old master guitarist say: Duende is not in the throat; Duende surges up from the soles of the feet. Which means it is not a matter of ability, but of real live form; of blood; of ancient culture; of creative action."

The world is filled with questions and the most objective realities can seem subject at times. When the world doesn't make sense, art does to some. Artists are the chosen few who bring solace to the external world through their inner struggles and bliss.

restaurant review
manny's california fresh cafe

Vivian Lee
Pacifican Lifestyles Editor

Manny's California Fresh Cafe, located at 1612 Pacific Ave (Miracle Mile), is a classic American burger joint. The shop is located in a certain niche of the street, which may originally hide itself from view. However, both the exterior and interior of Manny's embodies a cozy aura that ultimately feels like a home, warm and open to visitors.

The décor and ambiance of Manny's are offered through old pieces of junk, such as baking tins and a wooden bench as a waiting area, and specials are scribbled on a small chalkboard near the entrance. On most days, Manny's is crowded with couples, families, and customers with pre-dinner cravings. The restaurant provides a menu in the front that targets a take-out system, similar to fast food restaurants. A usual lunch meal, consisting of a specialty burger, fries, and a shake costs approximately $10, and the burgers by itself are around $5-$6.

A highly recommended novelty of Manny's is their delicious chicken sandwiches. In addition to the typical burgers, fries and shakes, Manny's offers full chicken dinners for the whole family, and other seasonal menu items, such as soups and salads.

Since the restaurant is generally busy, service is slow, and at times clerks seem dreary and tiresome, so customers are responsible for their own service. On the bright side, the café offers ample seating area indoors, and the air conditioning is ideal.

Manny's is a small café, but the appealing menu deserves significant praise for their simple comforts and pleasures.

Housing Signups to Change

Andy Lee
Pacifican Staff Writer

Upperclassmen with a fervent desire to escape the resident halls to live in the newer Monagan Hall remember the long hours and toil of even getting an chance to fuel their dreams. "If you wanted [to live in] Monagan, you [had to] camp out overnight," recalled Engel Navarro, a senior Pacific student. "It's tough to get in," he adds. The Division of Student Life, however, has plans to rectify these problems. While the process has not been entirely finalized quite yet, one thing is for certain: the entire process will now be online. So, yes, your sleeping bag and tent now have one less purpose at Pacific.
The 66th Annual Golden Globe Awards

Courtney Wood
Pacifican Staff Writer

On January 11, 2009, a glittering array of celebrities gathered at the Beverly Hilton to attend The Hollywood Foreign Press Association's (HFPA) 66th Annual Golden Globe Awards. The event recognized achievements on both the silver screen and the small screen. The biggest winner at this year's Golden Globes was the film Slumdog Millionaire, which captured awards in four categories: Best Original Score, Best Screenplay, Best Director, and Best Dramatic Motion Picture.

Another big winner was Kate Winslet, awarded Best Supporting Actress for her role in The Reader. Winslet, honored with a posthumous Best Supporting Actor award for his role in The Wrestler. In addition, Stephen Spielberg was honored with the Cecil B. DeMille award for his "outstanding contribution to the entertainment field."

According to the HFPA's website, the Golden Globe Awards show is "one of the most-watched award shows on television," which has made it possible for the HFPA to donate, "over $8.4 million in the past fourteen years to entertainment-related charities, as well as funding scholarships and other programs for future film and television professionals."

The Golden Globes not only brings prestige to the winners' names but also gives opportunities to prospective moviemakers.

Now that the Golden Globes have been awarded, the Oscars are close at hand. Is it possible that the results of the Golden Globes could predict who the winners will be? We'll just have to wait and see...

Plastic Water Bottles are bad, but so are Reusable Water Bottles

Abby Liao
Pacifican Staff Writer

Each year, the United States disposes of approximately 30 billion empty bottled-water containers, and two million tons end up in landfills. By consuming bottled water, we are increasing our carbon footprint. These water bottles are made of polyethylene terephthalate (PET), a flexible, durable, and light plastic, which use more than 17 million barrels of oil—enough to fuel more than 1 million cars a year. It is estimated that each water bottle we buy consumes one-quarter of its volume in oil in production and transportation costs.

Although drinking bottled water is unsafe, the most harmful element is the toxin that leaches out of the plastic. Studies show that the accumulating phthalates in PET can interfere with our endocrine system at high doses, disrupting the regulation of hormones and leading to imbalances that interfere with reproduction. Have you ever drunk out of your water bottle after it has been in the sun for an hour? Does it taste a bit funny? That's the taste of BPA occurring, but in trace amounts. Unlike Nalgene bottles, it is not as durable. The thin aluminum is susceptible to dents and dings, but it doesn't affect the inside. It is not advisable to place the Sigg into the freezer, as it will cause the bottle to crack.

Nalgene Water Bottles

Current Nalgene bottles are made of polyethylene. Their older version, made of polycarbonate, was pulled off the shelf because of strong concerns of BPA leaching into the water. Nonetheless, storing anything that is meant to be discarded plastic containers is never a good idea, especially if you are going to heat up the plastic.

Nalgene bottles are eco-friendly. They are highly durable, lightweight, reusable, recyclable, and lined with brass and epoxy, and independently tested to be taste and scent inert—and resistant to any accumulation of phthalates in PET, a flexible, durable, and light plastic. Studies show that the thin aluminum is susceptible to dents and dings, but it doesn't affect the inside. It is not advisable to place the Sigg into the freezer, as it will cause the bottle to crack.

Summer Study Abroad Options

Heather Breen
Pacifican Copy Editor

Once again, the Modern Language and Literature Department is sponsoring two summer study abroad opportunities for Pacific Students in both Italy and Guatemala. These programs are an excellent way to earn language credits, explore a new culture, or just get away from the university for a bit of summer heat.

The Italian summer study abroad program debuted last year. Six students, along with program advisor Dr. Elena Savelieva of Russian studies, enrolled in a six-week intensive language program based in the small town of Assisi. Classes lasted from four to six hours a day, allowing students to earn up to eight units or two semesters worth of Italian language study.

Besides earning academic credit, students had the opportunity to travel to various cities such as Florence, Perugia, and Rome. Weekends were spent relaxing in Assisi or exploring nearby cities such as Santa Maria degli Angeli, home to the 7th largest Basilica in the World. Cooking classes with a world-class chef, Italian art lessons, and concerts were just a few of the many enriching activities that students engaged in.

Program fees are set at $3000, which covers the cost of tuition, apartment living, books, activities, and excursions. In addition, students must pay for their own airfare, utilities, food, souvenirs, and plane ticket, which are not included in the $3000 program fee. At least 600 Euro is recommended for spending money in Italy to cover living and souvenier costs. Applications are due by January 31, 2009.

If Italy doesn't strike your interest, perhaps an excursion to Guatemala will. The Guatemala trip lasts 4 weeks and allows students to pursue a 4-unit Spanish class that matches their language ability. Classes last approximately six hours per day, and the language is taught on a one-to-one basis by a native Spanish speaker.

Students reside in homestays where they benefit from the language and cultural experiences that come from living closely with native Guatemalans. In addition to refining your Spanish language skills, the excursion will allow you to explore the natural geography of Guatemala. Other activities include cooking lessons and learning how to salsa dance.

Program fees start at $1850, which covers the cost of classes, room and board, and excursions. An additional $825 is needed to go on the optional trip to Tikal. The cost of airfare, airport transportation, and books are not included in the program fee. Applications for the Guatemala excursion are due by February 13, 2009.

More information about these exciting summer programs can be found online at: http://web.pacific.edu/x26284.xml. Forward your personal questions to: Dr. Elena Savelieva (for Italy) saveliev@pacific.edu and Dr. Katie Golsan (for Guatemala) kgolsan@pacific.edu.

Warming Up for Spring Break

Andrea Soto
Pacifican Staff Writer

With Spring Break approaching, many are thinking of where to go and what to do during this infamous one week break. The first things that come to mind may include hanging out at the beach in Mexico, renting a hotel room with friends at a resort, camping in the mountains, or simply going home for the week. Whatever the plan is, it is important to start planning now.

Many students have already started to plan. Laureta Dominguez plans on going on a three-day cruise to Catalina and Ensenada with friends. She says, "A three day break while relaxing on the coast will be just right after school begins to get overwhelming." A cruise along the coast seems like a great way to relax and unwind from all the stress that comes from schoolwork and exams. Just be sure to book in advance, since the spring season is a popular vacation time for people of all ages.

Lisa Marshall also plans on taking a trip that will take her away from all of her work. "I am so excited to get away from it all. Even though the semester has just started, I have already purchased the plane ticket that will be dropping me off at a Florida resort with my friends. I can't wait," says Qintero.

While many students are excited for lavish vacations at various exotic locations, others are using the time to focus on a different kind of break. Traveling back home for spring break seems to be a popular choice for those students who left family and loved ones far from Pacific. Lisa Lopez is planning on traveling back home in order to spend a quiet and relaxing time with her family. Lopez says, "My mom hasn't been feeling well for many months now, so I'm taking the time to go back home and help out with what I can. I plan to hang out with friends, but I'm not planning anything fancy.

No matter where you choose to go for spring break, it is important to be cautious and plan for the unexpected. Many students believe that a trip away from home should be fun and full of excitement, but the reality can be far from it. Refrain from overdinking in parties and clandestine places. Whether you choose to travel far or remain at home, it's important to plan activities in large groups. Danger knows no boundaries; therefore, it's important to know what you're getting yourself into without losing a sense of reality.
EVENTS CALENDAR

January 31
Ski Trip at Northstar.
Purchase tickets for $50 at DeRosa Center Guest Services Desk.
Bus departs campus at 5:30 a.m.
Wanted
8:00 p.m.
Pacific Theatre
Free with Pacific ID
$ 3.00 Faculty, Staff, Alumni
$ 5.00 General Public
Always the Women - a Play
7:30 p.m. - 9:30 p.m.
Long Theatre, Stockton Campus
$20 per adult, $10 for students, children, senior and Pacific employees and students if paid at the door. $5 for seniors, children, Pacific students and employees if purchased in advance. To purchase tickets, call the box office at 209.946.2474.

February 1
Viewing of the Super Bowl,
The Lair
3:30 p.m.
February 2
Black History Month Celebration Libation Ceremony
DeRosa University Center
5:00 p.m. - 8:00 p.m.

The Pacifican is looking for a humor columnist.
To apply, send us a copy of your humor to pacificaneditors@pacific.edu. We're looking forward to having a laugh!

February 3
Trouble the Water (Documentary)
Pacific Theatre
8:00 p.m.
Free with Pacific ID
$ 3.00 Faculty, Staff, Alumni
$ 5.00 General Public

February 4
Black History Month's Keynote Speaker:
Danny Glover
Faye Spanos
7:30 p.m.
"Mark Bowles: Following the Light"
Exhibit through February 20
Reception February 6 • 6 pm
Reynolds Gallery
Exhibit of paintings that capture the essence of the Western landscape.

Gallery hours
M-F 8:30 p.m. - 4:30 p.m.
Weekends 1-5 p.m.

ASuop is looking for its new leadership team next year!
If you are interested in running for President, Vice President and a senatorial position, pick up an election packet in the Office of Student Leadership and Involvement, which is located on the second floor of the DeRosa University Center. Election packets must be returned no later than Friday, February 13 at 5:00 p.m.

Azusa Pacific University's graduate programs empower you to put compassion into action. Prepare to make a difference.

MASTER OF SOCIAL WORK
• Internships in the Greater Los Angeles area
• Integration of faith and social work practice
• Full-time and part-time options

GRADUATE PSYCHOLOGY PROGRAMS
• APA-accredited Psy.D. Program
• M.A. in Clinical Psychology (Marriage and Family Therapy)
• Alignment with current California licensure requirements

For more information on the MSW Program, visit www.apu.edu/explore/msw/.
For more information on the graduate psychology programs, visit www.apu.edu/bas/graduatepsychology/.
Men's Basketball Falls To Cal Poly

Elizabeth Croisetiere
Pacifican Staff Writer

On Thursday, Jan. 22 the Tigers brutally lost to Cal Poly 76-60. The game started out hopeful with the Tigers instantly taking the lead with a three-pointer by sophomore Terrell Smith at 19:39. With 17 minutes left in the game, the Mustangs passed the Tigers with a 7-0 run and the Tigers were unable to recover.

The Mustangs widened the gap over a stretch of 5 minutes with a 19-0 run which put the score at 34-13. According to senior James Doran, "they played about their best; we played about our worst." This became apparent when the Mustangs took their largest lead of the game, up to 27 points with 3 minutes left in the half. In the first half, the Tigers shot 39.3 percent from the field and only scored 25 points while the Mustangs shot 57.7 percent from the field and had 42 points.

The second half did not start off well for Pacific. The Mustangs opened with a three-pointer from Lorenzo Keder putting the Tigers down by 20. The Tigers rallied with an 8-2 run, but quickly fell behind again by 22 at 57-35. It was "one of those days: they make shots, we don't make shots," senior Anthony Brown confessed. Throughout the rest of the second half the Tigers could not get within 16 points even though the Mustangs were only shooting 37.5 percent from the field for 34 points. The Tigers shot 39.3 percent from the field for 35 points, but were unable to recover because they were so far behind. The game ended with the Mustangs taking their first conference win.

Overall the Tigers shot 56.2 percent for the game and also shot 47.4 percent from the free throw line. They were assisted by Doran who contributed the team-high of 12 points, closely followed by senior Bryan LeDuc who had 10. Sophomore Sam Willard and junior Lavar Neufville both had a team-high 8 rebounds. The Mustangs shot 48 percent for the game, but managed to shoot 84.2 percent from the free throw line. Keder shot a career-high 25 points for the Mustangs, with 19 of those coming in the second half.

Brown was speechless after the game and admitted "you either win or you don't." Teammate LeDuc added that they will "come out ready to play; all we can do is work hard, practice hard, and get ready to play."

Senior Swimmers Dazzle in Dual Meet As Women Topple UC Davis, Men Fall Short

Athletic Media Relations

On the day when 12 Pacific swimmers competed in their final career home meets, six seniors combined for nine individual victories on Saturday, Jan. 24 against UC Davis. The Tiger women held on to win a 132-130 decision, as the men dropped a 145-108 meet.

Pacific's women's team climbed back to .500 after the meet, improving to 4-4 overall and 1-0 in the Big West Conference. The loss put the men at 1-5 overall and 0-1 in the Big West. UC Davis' women's team fell to 7-10 overall and 0-1 in Big West dual action, as the men improved to a 7-3, 1-0 dual meet record.

Senior Jenny Lewis led all swimmers with three individual victories, as she claimed the 100 Back (57.09), 50 Free (23.67) and the 100 Free (52.02) outright for the Tigers. In the 100 Back, Pacific's women's squad swept the top three finishes as Lewis was followed shortly by senior Jun Huang and junior Devonie Migues in second and third place, respectively.

The men put forth a similar showing in the 100 Fly, led by another senior in BJ Damazo's 51.73 speed. Damazo narrowly edged out teammates senior Michael Kasten and junior Logan Mulvaney.

The Tigers again three-peated for the men in the 400 IM, when senior Matt Lundy touched first in 4:11.37. Just behind him, freshman Kevin Byers took second in 4:13.02, while senior Dave Platow pulled up in third with a time of 4:17.07.

Lundy compiled the most individual victories for the men, when he also won the 200 Back by two seconds in front of UC Davis' Reid Hartz. Lundy finished the race in 1:53.72.

On the women's side, junior KC Albiston finished with the second-most victories when she started out the meet claiming the 1000 Free in 10:20.24. her fastest pace of the season before freshman Jayne Swain's second-place 10:28.15 finish. Albiston again excelled in the second distance event of the afternoon when her 5:02.19 time in the 500 Free put her in first place over UC Davis' Linda Herrmann. That too, established another season low for Albiston.

The Tigers hit the road again once more, as they take on Cal Poly in further Big West action on Friday, Feb. 6. The meet begins at 2 p.m. in San Luis Obispo, Calif.

Athletic Training Tip of the Week

Stretching in an active lifestyle

Society has forced us to become very conscious of our bodies and maintain good health. Stretching can help you to be successful in starting or maintaining a fitness program. The goal of stretching is to gently lengthen your muscles before and after exercise to improve tissue elasticity. By stretching you can increase your flexibility, improve blood circulation in your muscles, relax and prepare your muscles for the activity, and help reduce your chances of injuring your joints, muscles and tendons. In order for these things to happen, it is important that you warm up before you stretch. Find a sequence and routine that works for you so that you can easily repeat it! Start with joint rotations and follow this up with at least 5 minutes of aerobic activity such as jogging, jumping rope or riding an exercise bike. Most of you know that stretching is important, however, the majority of you probably don't know that there are various types of stretching. The main types of stretching include:

Static Stretching: This is the most common form of stretching in which you hold the muscle in its most lengthened position for 20-30 seconds. You should feel a slight pull in the belly of the muscle and should not feel any pain or discomfort.

Dynamic Stretching: You use the muscle power to move the limb through its full range of motion. It is important to go through the motions that you will be performing during your activity, but take it slow!

Passive Stretching: Someone else provides the force for the stretch. Communication is imperative in this form of stretching because they need to know if you are in pain.

Ballistic Stretching: This form involves bouncing during the stretch. Only a limited number of well-conditioned athletes can use this technique as it provides twice the tension of a passive stretch.

Proprioceptive Neuromuscular Facilitation: This is used to increase flexibility and help regain strength by stretching and contracting the targeted muscle group. To do this, have a partner stretch the muscle group and you contract that area for 4-6 seconds. Then relax the muscle and allow it to be stretched for 20-30 seconds. Repeat this 2-3 times.

Once you have finished your workout, it is important to cool down. It is recommended that you do a few minutes of stretching after your activity. This is the time when your muscles are the warmest and most compliant, therefore allowing it to balance and relax the muscles you have just exercised while helping you maintain your mobility and a healthy range of movement so you can work out consistently.

If you choose not to stretch you may be increasing your risk for injury and you may age faster, meaning that once you lose flexibility and range of motion it is very hard to get it back!
Mens' Basketball Wins ESPN Game v UCSB

Elizabeth Croisetiere
Pacifican Staff Writer

Pacific beat UC Santa Barbara 58-36 at the televised ESPN game on Saturday, Jan. 24. The Tigers are now 11-7 overall and 4-3 in the Big West Conference.

The Tigers started the first half with a 6-0 run sparked by a layup by senior Chad Troyer. Ford scored the first 9 points of the game, and commented, "I just had to be more aggressive." This attitude paid off, putting the Tigers in the lead. The Gauchos did not score in the first 4 minutes of the game, but made a slight comeback with an 11-2 run to make it 16-13 at 5:46 left in the first half. This 3 point lead was their largest and only lead for the rest of the game. The Tigers took back the lead with an 8-0 run by a pair of three-pointers from senior Chad Troyer and Michael Kirby.

The Tigers shot 25 percent from the field and 100 percent from the free throw line in the first half. The Gauchos shot 36.8 percent from the field and 66.7 percent from the free throw line. It was not a spectacular first half but the Tigers were able to maintain their lead at 23-20.

The Tigers took off in the second half not allowing the Gauchos to catch up. Coach Bob Thomason shared, "I loved the second half." Senior Anthony Brown started off the second half with a jumper for 25-20. "AB was really good tonight, he played strong," Coach Thomason commented. The Tigers continued their momentum with a 12-2 run for 35-22 including a dunk by Ford and a pair of three-pointers by senior Chad Troyer. Gaucho Sam Phippen pulled them within 10 points with a three-pointer at 16:59, but that was the last time the Tigers lead would fall below 10.

The Tigers kept surging forward with a three-pointer by Kirby for 58-36 at 1:14 for a 22 point lead, their largest lead and last points of the game.

The Tigers shot 58.3 percent from the field and 66.7 from the free throw line. The Gauchos only shot 21.7 percent from the field, although they made 83.3 percent from the free throw line. As Ford put it, they could not reclaim the lead simply because "they missed shots."

Overall Pacific shot 39.9 percent for the game, not much higher than their 36.2 percentage for the disastrous Cal Poly game last Thursday. Luckily the Tigers added points by shooting 87.5 percent from the free throw line. Troyer shot a team-high 14 points, hitting 4 three-pointers. He said the fans helped his game; "There was a great atmosphere tonight. I wish we had a good crowd like this every night, we played great." Troyer was closely followed by Ford who made 13 points. They were aided by senior Bryan LeDuc, who started for the first time in 2009, and his job by leading the team with a career high 12 rebounds. Coach Thomason noted, "I thought our shooting was really good tonight. Bryan got some good layups. He was really pleased with the game although he felt our offense was not as strong as the Gauchos' offense. The Gauchos had more opportunities to score. We were able to keep their cool and make our shots with a stadium audience of 3000 and the added pressure of a national television audience." Coach Thomason finished this and said, "I'm really proud of the kids."

In Case You Missed It

Lance Martin
Pacifican Staff Writer

In case you missed the ESPN Pacific basketball game on Saturday, I am offering a recap of the best and worst things that occurred that night.

Best Outfit: Junior basketball player Royal Edwards. It looked like you could either play a game of checkers or chess on his overcoat.

Worst Outfit: Anybody who was wearing a speedo while being covered in black and orange paint. Enough said.

Funniest moment: When the contestant during the halftime show was trying to find PowerCat on the court while wearing a blindfold to win a McDonald's gift certificate. He was running with his hands out in front of him trying to find PowerCat and instead almost found a Pacific Tiger Dancer. The Dancer quickly yelled "go right" to grab a hold of the situation and avert any mishap.

Best sign using ESPN as an acronym: 'Every Sports Program Needs UOP!' Do you see the inherent problem with the acronym? But the best sign might go to the Tennis players who wrote 'Pacific knows how to handle big balls.'

Best Play of the Game: When a Pacific basketball player was shooting his last free throw, and Joe Ford came out of nowhere and NBA slammed over the 7-foot Ogre who can touch his knees without bending over.

Best Moment: When the obnoxious person behind me dropped their soda.

Worst Moment: When the obnoxious person behind me dropped their soda on me.

Even though we played UC Santa Barbara, take a deep breath and enjoy the win. It feels almost as good as a freeze pop on a hot July day.

Athletic Media Release

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Worst Outfit: Anybody who was wearing a speedo while being covered in black and orange paint. Enough said.

Funniest moment: When the contestant during the halftime show was trying to find PowerCat on the court while wearing a blindfold to win a McDonald's gift certificate. He was running with his hands out in front of him trying to find PowerCat and instead almost found a Pacific Tiger Dancer. The Dancer quickly yelled "go right" to grab a hold of the situation and avert any mishap.

Best sign using ESPN as an acronym: 'Every Sports Program Needs UOP!' Do you see the inherent problem with the acronym? But the best sign might go to the Tennis players who wrote 'Pacific knows how to handle big balls.'

Best Play of the Game: When a Pacific basketball player was shooting his last free throw, and Joe Ford came out of nowhere and NBA slammed over the 7-foot Ogre who can touch his knees without bending over.

Best Moment: When the obnoxious person behind me dropped their soda.

Worst Moment: When the obnoxious person behind me dropped their soda on me.

Even though we played UC Santa Barbara, take a deep breath and enjoy the win. It feels almost as good as a freeze pop on a hot July day.
$5,000 Big West Basketball ShootOut is BACK !!!

February 11 - 9:00 pm  
the Main Gym  
at Pacific  
FREE TO STUDENTS

Participants get a free t-shirt
Co-Ed Division champions win trip to Anaheim for chance at $5,000
Men's and Women's Divisions champions win prize packs

Sign Up At  
www.bigwest.org
DeSean’s Sports Update

NFL
I realized a Sunday with no football is no Sunday at all. I watched Lethal Weapon 2 about 3 times on Sunday and could not see why it was only nominated for a Best Sound Editing at the 1989 Academy Awards; at least it should have also gotten a Best Picture and Best Screenplay nod.

Cowboys Receiver Terrell Owens is receiving a reality television show on VH1 called “The Terrell Owens Project.” He will be joining an elite club whose members include Bret Michaels, Flavor Flav and Hulk Hogan. Get ready: only 152 more days until Michael Vick is released from federal penitentiary.

NBA
Happy Birthday to Greg Oden who turned 21 last Thursday. I wonder if Greg Oden would get carded when he goes to a bar or the local liquor market because he already looks like he is fifty years old.

LeBron James nailed his first career game-winning buzzer beater to beat the Warriors on the road. I’m sure you have seen it like 100 times on ESPN. I just want to see the reaction of Don Nelson; Was it a shake of his head in disbelief, “I don’t know what we can do to stop him” look, or was he thinking he needs to get another Jack and Coke and started thinking how he is going to convince Chris Mullen to trade Monta Ellis, so they can make a run at LeBron in 2010?

Andrew Bynum was not having the breakout season everyone expected, but is starting to overshadow Kobe Bryant’s performance, especially when he puts up 42 points.

MLB
With the baseball season starting in a couple of weeks, is anyone going to sign Manny Ramirez? Manny signing with a team has been as active as Train going to class. But at least all Dodger fans have to be happy about Jeff Kent retiring.

The Pittsburgh Pirate will have a new look for the 2009 season. The Pirate will not be sleeveless anymore; they are opting for more arm material. But we all know the introduction of the sleeveless jersey in 2001 was the best thing to happen to the Pirates in 30 years. You know it, I know it, and Willie Stargell knows it.

The Yankees signed pitcher Andy Pettitte to a one-year $5.5 million dollar deal; although the deal has with numerous incentives, whoever is negotiating for Pettitte is doing a horrible job because they turned down $10 million earlier this year.

College BB
If Brandon Jennings were not in Europe, would he have knocked out Houston's Aubrey Coleman when he stomped on Arizona's Chase Budinger's face? But how high was Coleman's swag leaving the game? He strutted of the court like Snoop Dogg out of a courtroom when he beat those murder charges.

Junior Tiger Dancer Clinic a Huge Success

Aileen Shon Pacifican Staff Writer

On Saturday, Jan. 24, girls ages 4-14 had the chance to shake it with the Tiger Dancers in their very own Junior Tiger Dancer clinic.

The fundraiser was held in an effort to raise money for the dancers’ team expenses which include new uniforms and bags.

The Junior Tiger Dancers performed at the halftime show during the men’s basketball game the same night as the clinic in front of 5,000 fans.

The junior dancers ran out to the center of the court led by their Tiger Dancer leaders and performed to upbeat songs such as “Ever Ever Ever” by Carrie Underwood and “Rockstar” by Miley Cyrus.

“The [junior dancers] were so outgoing and it was great seeing them have fun while working very hard to bring about a phenomenal halftime performance,” said Tiger Dancer, Maryse Gellald.

This year, due to complications, the Tiger Dancers pulled through the fundraiser without a coach. As a result, 75 girls attended the clinic, making it the most the team has ever had in the past 4 years.

“It was awesome because we did it all by ourselves,” said Tiger Dancer, Avery Hochhalter.

Next year, the Tiger Dancers plan to do the program again with the hope of raising more money and giving young girls in the Stockton area the chance to dance and have fun!