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University of the Pacific

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President DeRosa to Recieve NASPA Award

Alex Ruano
Pacifican News Editor

In March, President Donald V. DeRosa will receive one of the National Association of Student Personnel Administrators (NASPA) highest awards: the 2009 NASPA President's Award. DeRosa will receive the award during NASPA's annual conference in Seattle on March 10.

NASPA is the foremost professional association for student affairs administrators, faculty and graduate and undergraduate students.

DeRosa was nominated because of his long running commitment to developing student leadership as well as his many initiatives that challenged students to think about how they will impact the world after graduation.

In a statement issued last week NASPA executive director Gwdolyn Jordan Dungy said, "While President DeRosa's accomplishments are numerous, the ways in which his transformational leadership contributes to student life makes him particularly deserving of NASPA's President's Award. The letters received in support of this nomination consistently described a president able to inspire those around him to work together to enhance the quality of life for students."

Many people nominated DeRosa for the award and referenced his push to invite student leaders to sit in at Board of Regents meetings or to participate on committees at Pacific. "From the first day that he was hired by [Pacific], Don DeRosa has emphasized a student-centered philosophy on every initiative and program established by Pacific," said Dr. Dianne Philibosian, former chair of the Board of Regents, in an earlier statement.

"It is an issue that he has brought up in every workshop, meeting and discussion that I have had with him."

In his statement issued earlier this week, President DeRosa said, "I am honored to have been selected for this prestigious award. However, the accomplishments represented by this honor are not mine alone. The award represents the hard work and collaborative efforts of the faculty and staff at Pacific. They are committed to providing a high quality, student-centered educational experience and have built strong programs that do just that."

Nominations for NASPA's President's Award are judged on the following criteria:

- Positive impact on student learning, transitions, retention, and/or success
- Relevance to institutional mission
- Demonstration of success in addressing student needs and/or critical campus issues
- Importance to one or more program areas included in this category
- Collaboration with academic affairs and other departments
- Originality and creativity
- Effective use of technology and other resources
- Innovative practical use of research and/or assessment and linking to learning outcomes
- Evidence of sustainability

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Pew Money Facilitates Undergraduate Research and Community Service

Sachi Takahashi-Rial
Pacifican Staff Writer

In general, it is rare for universities focused on undergraduate education to receive large grants and contracts for research. Pacific is one such institution. Prominent organizations are less likely to give large amounts of research money to undergraduate faculty and students because academics at the graduate level have more advanced skills.

Pacific’s Jacoby Center combines undergraduate research and experience with innovations in the social sciences. Recently, Pacific faculty Dari Sylvester, Bob Benedetti, and Qingwen Dong were awarded $43,000 research dollars from the prestigious Pew Charitable Trust for continuing research on the efficacy of the voting system.

The research project focuses on San Joaquin County’s voting system. According to Jacoby Center director Bob Benedetti, political scientists often concentrate on how and why certain candidates got elected instead of examining the system that elected them.

Pacific researchers are asking new questions: “Is poll worker training helping poll workers provide clarity for voters?” “Do people trust absentee ballots? Do voters know how they work?” “Did your vote get to where it needed to go?”

This Pew funding is nothing compared to the $240,000 that the state had given our professors in order to start this project. Our research is merely continuing along a similar thread with this new $43,000. Although the Pew amount is smaller than the federal funding, it carries a more tangible measure of prestige.

Benedetti stated that, “by Pew trusting us with this money, they are suggesting that we know what we’re talking about and that our undergraduates can produce results.”

Especially for a social science project at Pacific, this status symbol says a lot. Twenty-three individuals, departments, and units were each able to raise over 1 million dollars in research grants/contracts over ten years. Within these twenty-three high achieving groups, only two fell within the College of the Pacific: the Jacoby Center and the psychology department.

Undergraduate and graduate students in the political science and communication departments have the opportunity to work on this project alongside their distinguished faculty. According to Dr. Benedetti, “undergraduates often ask better questions than their graduate school counterparts. Undergrads are not weighted down by the culture of their discipline.”

The Jacoby Center is just one example of Pacific’s dedication to its students. Providing hands-on and applicable experiences is one area that distinguishes Pacific from other universities. Just as engineers receive the opportunity to go on Co-op and International Studies students get to study abroad, College of the Pacific students can get their hands dirty in local internships and research projects.

Dr. Benedetti’s ideal research project includes just three aspects: 1. Providing students with meaningful educational experiences. 2. Advancing research in academic disciplines. 3. Serving the community. These three combined embody the identity of Pacific as an institution.

Social Entrepreneurs Bring Martin Burt to Pacific

Caroline Fantozzi
Pacifican Guest Writer

When students hear that Martin Burt is coming to Pacific, they get excited. Very excited. “Stoked!” “Eager!” “Thrilled!” “I can’t wait!”

These are all words I have heard from students describing their anticipation to see Martin. Why are these students so ecstatic to see Martin? With our hectic lives and all we know Pacific students are busy—what is it about this man that impels students to rearrange their busy schedules for a chance to see him?

Martin Burt not only is a current visiting professor of social entrepreneurship, but has made a tremendous and positive impact in the world, and the experience and inspiration he brings to Pacific students is unmatchable. Martin founded Fundacion Paraguay, Paraguay’s first microcredit program, in 1985, while the country was under dictatorial rule. He has a degree in Public Administration and Interamerican Studies from Pacific, and a Master’s degree in Science, Technology, and Public Policy at George Washington University in Washington, DC.

He was also instrumental in starting Paraguay’s first environmental protection foundation. From 1991 to 1993, he served as Vice Minister of Commerce. He assisted in restoring democracy to Paraguay after the overthrow of Dictator Stroessner and was elected as mayor of the capital city of Paraguay, Asuncion, in 1996, serving a five year term. In addition, he has experience in many fields and has received numerous international awards. A pretty impressive resume, right?

However, what is most impressive to me about Martin is his enthusiasm and his ability to transfer that enthusiasm to his students, creating individuals who suddenly realize that they can make a difference, that they can change the world.

“His enthusiasm is contagious and his belief in our power to enact change is inspiring. He is of a select group that has truly made a positive impact on the world and for him to be so easy to relate to and learn from is awesome” says sophomore Hunter Tanous.

Freshman Kelly Walker joins his zeal: “fantastic insight into the power that one individual can have in changing the world.” And freshman Zoe Hastings basically sums it up “I absolutely LOVE Martin Burt, he is my favorite person in the world!!”

So now you are wondering—when do I get to meet this guy? You’re in luck! Martin will be on campus next week! He will be speaking on “Education that pays for itself” at the Bernard School of Education at 4:00 p.m. on Thursday, Feb. 19 (just go to the lobby), and will be participating in a debate on Social Entrepreneurship with an SIS faculty member at 5 p.m. that same Thursday at Calisson Lodge, during the weekly Council of University Social Entrepreneurship Meeting. So come and see Martin, and get inspired!!!!

YOU’RE INVITED!!!
To......The Council of University Social Entrepreneurs Weekly Meeting!!!! Featuring....JOE JOHNSON!!!

Joe Johnson worked in banking for 36 years, as President of troubled community banks that required substantial restructuring to return them to profitability. This is a great opportunity to learn about sustainability in finance and banking from someone who made a career in the field and what better time than now?

Delicious Dinner provided, and open to ALL majors!!!

5 p.m. Thursday, Feb 12
Calisson Lodge (Global Center)
See you there!!!!!
Vagina Monologues a Must-See
For Both Ladies and Gents

Sachi Takahashi-Rial

Pacifican Staff Writer

According to freshman Maya Campbell-Unsoeld, “If you ever plan on having a girlfriend, you have to watch this.”

Upon first glance, the Vagina Monologues just provides meaningful discourse about a neglected piece of female anatomy. And what does that say about women? More specifically, the women we know? That they own a piece of machinery crucial to their being, but ignore it because it smells bad? That their vaginas have names and personalities? No, the Vagina Monologues embody a more universal message.

They encourage real respect for the vagina and everything it symbolizes: sexuality, independence, and the birth of new generations.

Junior Saurabh Kamalapurkar acknowledged the play’s ability to nudge both men and women into opening up about topics previously not considered important.

“Ignoring their occasional hostile stance towards men, these monologues for sure loosen up the vacuum that still exists in this society when it comes to talking about female sexuality.”

The women on stage displayed no hint of fear, shame, or restraint. They make it acceptable to acknowledge that the vagina exists and has different connotations depending on mood, experience, and situation. Each woman connected differently with her vagina, emphasizing the extent to which the vagina is a part of every woman’s identity and self-view.

No one vagina nor one woman is the same as another.

Nothing says this better than the sheer amount of metaphors that the women on stage produced to describe their genitalia: a village, a cellar, a dead animal, a waterfall, a shell, a flood site, a tulip, and prairies and green rolling hills, just to name a few.

Junior Shaun Callahan felt as though he learned “a lot about how women see [vaginas].” The women used their vaginas as an outlet to express themselves and their worldview. Many times, encounters with their vaginas led to deeper self-understanding.

The Vagina Monologues lead men and women to newfound respect for vaginas because the play shows how vaginas are so integral to women’s identities. They can reflect a confident woman’s diva side. They can reflect a shy woman’s self-conscious side. They empower by giving new life. The very last scene with all the short skirts embodies how each unique woman projects her sexuality in her own way. “What’s underneath is mine.”

Glover, continued from front page

Carolina and has acted in "Dream with the Fishes" and "Freedom Song." Both men are current activists for human rights issues.

I was able to talk briefly with Glover and Justice before the show about their views of Hollywood and the current generation of America. When I asked Glover his opinion of the current film industry he responded, “First of all, there ain’t no moneu...it is a undemocratic process and is not a process that lends itself to competition and real ideas. The system itself is geared towards graphic material and designed to see how much popcorn is gonna sell.” He expressed that he does not fully disagree with the current box office, but that the younger demographic should begin to influence cinema. When describing the current generation’s role in influencing Hollywood, he says “We need a art and culture: artists to step to the table now more than ever.” The selections of Dr. King Jr. and Hughes’ work performed called out for young America to consider their surroundings. Once the performances were finished, the audience was eager to ask Glover and Justice talked about the economy, their work in developing nations, and the current political scene. Both men emphasized the need for our generation to force change. When I asked Justice his about the main issues that face today’s youth, he claimed, “Self discovery. If you want to have a successful life you must first have a lot of self knowledge...to emerge from the clomor and the chaos...the mass media and image formers.”

Danny Glover also had some insight about his life and words of wisdom for Pacific students:

Pacifcan: What would you consider your proudest moment of your career and life?

Glover: “I’m waiting for that. I’m just excited for what could happen, what’s out there, what’s around the corner. Probably being for me is individually being able to do a film places in the heart and allow my work play tribute to my mother. [The] highlight that touched my life is being a father.”

Pacifcan: Do you have any advice for Pacific students?

Glover: “Continue to try to tell your story. What you have to say is value. This is your time, this is young people’s time.”
Pacific Speech and Debate Ranked Second in Nation

Ann Mazzaferro
Pacifican Staff Writer

While most students spent the winter vacation sprawling on the sofa watching TV, or hitting the snow for some skiing, the hard-working members of Pacific's Speech and Debate Team spent their break preparing for upcoming tournaments and, in some cases, traveling halfway across the globe to represent Pacific abroad.

That industrious dedication paid off. As of now, Pacific Speech and Debate is the second-highest ranked team in the nation, boosted by their win on February 1 of Championship Ranking at the Copeland Invitational at Santa Clara University. The team also took First Place Overall at the debate held at Las Positas University in Northern California the weekend prior.

All of this builds strong momentum for the team to clinch the number one spot nationally, a goal in which Coach Marlin Bates possesses complete confidence.

"We can be first in the nation if we put just a little bit more into it...I think that we could do very well at the upcoming national tournaments, it just depends on how well we can manage the time in the upcoming weeks," said Bates.

Those upcoming weeks are bound to be hectic. Shortly before this article went to print, Pacific Speech and Debate headed to San Diego, California, for the Point Loma Nazarene University's Sunset Classic. Upon returning to Stockton, the team will face the final weeks of preparation for the National Parliamentary Debate Association Tournament, which will be held on Pacific's campus.

It's a daunting schedule, but the team is bristling with confidence and energy.

"Point Loma presents our biggest challenge to date," said Steven Farias, a senior Political Science major. "We have seen every one of these teams at one tournament or another but with 102 teams in open, and only 32 teams breaking finals, the challenge will be to see how difficult the tournament will be. It is definitely more exciting than unnerving though, because it serves as another chance for us to prove ourselves."

"I can't wait until the upcoming NPDA tournament," said Rebecca Benjamin, a junior Communications major in her first year of Pacific Debate. "It is an honor to host one of the largest Parliamentary tournaments in the nation, and to be there at our stomping grounds. This is the first time I have been able to experience a tournament like this, so it is a new experience to put under my belt of things I have done in my lifetime."

Senior Psychology major Anne Eastlick was similarly enthused.

"I'm really excited about NPDA this year, especially since it's on our campus. Last year, my partner and I did fairly well, but I'm definitely ready to do even better. It'll be my last debate tournament, since it's my senior year, so it will be sad, but exciting at the same time."

Eastlick was also part of several teams that traveled abroad over winter break, representing Pacific in County Cork, Ireland for the World's Debate Tournament. She traveled with debate partner Chelsea Kelleher, as well as Steven Farias and Emily Sheldon. It was a learning experience for everyone involved, on a variety of levels.

"The debate we do in the US is much different than that of the debate done abroad, so performance is tricky. However, I do believe that the experience in Ireland helps us to work on our persuasion and "big picture" skills, as opposed to the more technical stuff that we generally focus on. However, while debating is fun, and the main reason we attend these trips, getting the opportunity to visit other countries and experience the cultural differences is something that I will never forget," said Eastlick.

Kasey Gardner, a second-year Graduate Student in Communications, and the team's Assistant Coach, was also inspired by her time abroad at the tournament.

"Ireland was a one in a lifetime chance to travel and network with the academic elite from around the world. I met people from Qatar, Japan, and even South Africa." said Gardner.

The 2008 Holiday Folic at Ohio State University proved to be a powerful platform for Pacific speakers, with the team taking Fifth Place Overall among twenty-seven different schools, with Pacific Debate taking First Overall and Pacific Speech, taking Sixth Place Overall. Students Tariq Bruno, Sarah Hamid, Richard Aragon, Will Chamberlin, Steven Farias and Yasir Khan all gathered honors.

Bruno was the Impromptu Speaking Champion as well as the second place Lincoln-Douglas Debate Speaker, right behind Farias who took first place. Khan was the Lincoln-Douglas Debate Overall Champion.

With this kind of buildup, it's no wonder that anticipation runs high for the upcoming NPDA National Tournament here at Pacific.

"I know that if Dr. Bates had hair, he would be pulling it out because of the hard work he puts in with the NPDA committee," said Farias. "It really cannot be underestimated the time, effort, and devotion he puts into this team and its success, along with the time he is putting in with the national tournament. If one thing should not be unnoticed, it is all the stuff that does go unnoticed that Dr. Bates does for our team, for the school, and not for himself. It's true selflessness."

"I'm somewhat nervous, but really anticipating a good competition," said Nathaniel Woodard, a junior Political Science major.

Judging by these victories, a good competition is exactly what we'll see.

Changing to Digital Television

Andy Lee
Pacifican Staff Writer

While many would agree that the government has larger issues to deal with, others disagree. If February 17 rolled by and millions of people suddenly found themselves at the couch with a TV screen of static, mass panic would ensue. Y2K? But it's already passed!

With the government's limited supply of DTV-converter box vouchers exhausted, and the fact that many Americans still are confused as to what DTV is, the government has finally agreed on February 4, as a change to the cut-off date from June 12, just enough time for college students to flock home and reeducate their parents.

The delay bill had failed to pass in the House before, and caused much debate over the subject. As for those confused, DTV involves television channels now being broadcasted with discrete/digital signals, which frees up airspace for the FCC to use for other purposes and is cheaper for individual stations, which are already feeling the squeeze from the economy and crashing advertising revenue. Coupons are offered by the government for $40 off a converter box that translates these new signals into good, old analog signals that previous TVs can utilize. Those wishing to learn more can visit: https://www.dtv2009.gov/
Pacific Students Give up Weekend Morning to Volunteer

Abby Liao
Pacifican Staff Writer

On Feb 7, Pacific's Center for Community Involvement held their 2 Annual Campus Day of Service at Oak Park. Over 100 students sacrificed their extra hours of weekend sleep to give back to the community.

Volunteers signed up for various projects based on a first-come-first-serve basis, which included cleaning the flower beds, the senior center, the pool, the clubhouse, the bleachers, the kitchen in the senior center, and picking up trash around the park.

Scooter Bloom, Chris Rehm, and Everett Yano, members of Sigma Chi, signed up to clean the bathrooms at the pool. Despite having to clean toilets on a Saturday morning, Bloom said, "I'm getting down and dirty for the community."

Stockton's Community Services Department (formerly Stockton Parks and Recreation Department) is grateful for all the hard work put in by the volunteers. Brian Uribe, who supervised the pool cleaning, said "It would've taken me and four lifeguards two weeks to accomplish what you guys have done in two hours."

To find more volunteer opportunities, visit the Pacific Reach Out website, www.pacific.edu/reachout.

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Week For Peace
Feb. 17-20

Come celebrate understanding, come and open your eyes to PEACE. This upcoming February, Week For Peace will come to Pacific's campus. As you walk through campus you will see demonstrations of PEACE, the history of PEACE as well as actions and words said and done in the name of PEACE. There will be speakers, movies and lots of fun activities all culminating with a dinner on Friday night that will remind you that PEACE is not a hollow word but a way of life we all need to embrace.

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TONIGHT!
Alpha Phi's 1st Annual King of Hearts Pageant
Grace Covell
Dining Hall
from 6-8pm
Admission is $3

All proceeds go toward the Alpha Phi Foundation which funds Cardiac Care and Research. So come out and support your favorite King of Hearts Contestant AND a great cause.
Participants will compete in a Q&A, evening wear, swim wear and talent portion, it will be a great show!

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starting from
$423 USD
Round trip

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Consult your travel agent

A zest bowl of pasta, a distinctive Chianti, the spirited discussion of family around a table—our guests don't have to cross the Atlantic to experience the magic of Italy. In fact, it's right here at our brand new restaurant located in Stockton. Not only do we demand the best and freshest products, cooked expertly, but we need talented people like you to help create an environment where food, family and fun come together to make something magical.

We're hiring:
Servers • Hosts/Hostesses • Bartenders
Line & Production Cooks • To-Go Specialists
Bussers • Dishwashers

And here's a taste of our exceptional benefits: flexible schedules, comprehensive training, paid vacation, medical/dental insurance, 401(k) plan, as well as management career advancement opportunities.

Please apply in person Thursday, February 5th - Saturday, February 7th and then again Monday, February 9th - Saturday, February 14th.

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Wide route network, open bar, complimentary meals and beverages. Roundtrip 2 bags for free.

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EDITORIAL

Be a true Pacific Tiger. Sink your claws into Tiger Jobs.

For the past two weeks, students met with a variety of employers for the annual "Meet Your Future" mock interviews. It was a perfect opportunity for students to practice their job interviewing skills and familiarize themselves with companies and potential job prospects.

Unfortunately, many students, if not the majority, missed out. Some had no clue what "Meet Your Future" was all about. Others didn't know how to have scheduled one of the mock interviews. All this information could've been found on one great resource: Tiger Jobs.

Some of you may be scratching your heads. Don't feel embarrassed, you're not the only ones. Many students at Pacific do not know about the Career Resource Center's (CRC) online job database that is reserved just for Pacific students and alumni.

"It's not just another Internet job board. Many of the positions posted on 'Tiger Jobs' are from employers specifically interested in Pacific students and alumni," said Diane Farrell, CRC Consultant. "Also, students can find out which employers are attending the upcoming Career & Internship Fair on Mar. 19. In addition, some employers come to the CRC to conduct their first round of interviews for actual jobs. Known as on-campus recruiting, students can use Tiger Jobs to sign up for these interviews."

Applying through Tiger Jobs, therefore, eliminates much of the competition that comes with searching for jobs on websites like Monster and Craigslist.

Does virginity have a price?

Raymond Zulueta
Pacifican Staff Writer

Most people believe prostitution is disgusting, that it is a lewd act that should be illegal. But don't tell that to 22-year-old, Sacramento State University grad, Natalie Dylan. As of Feb. 7, she has received offers of $1 million to $38 million for the opportunity to deflower her for the first time.

When asked about how he feels about women selling their bodies, Sophomore Austin Young replied, "I feel that she has a plan, and she is executing it. I don't think it's my place to condemn another for their actions. Also it's her virginity, that is her body, her property; so if she wants to then so be it."

"Natalie Dylan" as a pseudonym for safety reasons and believes this experience will give her self-empowerment. She plans on using the money to pay for grad school at Sacramento State University, and the rest for financial stability.

In an interview with Koula Giamulias for CBS13.com, Dylan said, "The main purpose of this is to finance a couple things in my life. I think empowerment of women is picking yourself up and doing something on your own to better yourself."

Senior Sharia Mason had this to say about Dylan's comment. "I hope there is not a woman on this planet who would feel empowered by these actions. The concept in itself is so belittling."

These strong feelings where supported by Young. "I see it as how our principles and morals have shifted. At one time in history, a female's virginity was so sacred that if she didn't have it she basically couldn't get married because she was unclean."

Dylan said she has taken polygraph tests and is willing to undergo medical exams to prove her virginity. The auction is being conducted by Dennis Hof, owner of the Bunny Ranch in Carson City, Nev, with bids coming in via his website, www.bunnyranch.com. As of Feb. 7 over 300 offers have been received, some of which were from male virgins.

However, Dylan will not give up her virginity to the highest bidder. She is reviewing all applicants and hopes to find an intelligent, decent person with whom she can share this once in a lifetime experience.

Young and Mason both believe this is reformed prostitution, but Young said, "I believe in supply and demand. She's providing a service that has a high demand, and basically if people want to pay that much, let them."

A SUP 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.
**Should we really be in love with Valentine’s Day?**

**Rachel Freeman**  
*Pacifican Sports Editor*

These days, many people hold strong opinions about Valentine’s Day: They either really love it or really hate it. The cynics out there question that Valentine’s Day is a Hallmark holiday designed so the company can sell more greeting cards.

However, the supposed history of Valentine’s Day traces back farther than Hallmark has been around. (According to hallmark.com, Hallmark was founded in 1910.) I say the ‘supposed’ history of Valentine’s Day because it is unknown exactly how the holiday started and who it is named after.

Two Saint Valentines were honored on Feb. 14: Valentine of Rome and Valentine of Terni. They both lived around 200 C.E. However, both seem irrelevant to the current perspective. The ‘sacred day’ is not just one day and it celebrates that which is love, but that it should be celebrated every day.

As senior Brittney Lease pointed out, “Everyone has a birthday that is one day and it celebrates that person. Valentine’s Day is the same way in that it recognizes love and gives people one more day to be with each other.”

Looking at another perspective, Valentine’s Day helps stimulate the economy because people buy gifts and go out to eat with the people they love. Especially in these times, it is important to be spending money so we can fuel our not-so-great economy.

‘Valentine’s Day is a time when we can show the ones we love that we care about them,” said freshman Chris Congrave. “It doesn’t matter whether or not we have a girlfriend or boyfriend, we can still do something small for our family and friends.”

**Lindsey Ball**  
*Pacifican Staff Writer*

If people really examine the truth behind Valentine’s Day, they would discover it to be a ridiculous holiday. In the modern world, Valentine’s Day is not about anything significant. The day is merely based on excessive spending on overpriced chocolate and roses.

The average consumer spends about $119 on this day, according to CNN. Some people believe that florists also increase their prices for Feb. 14 because customers are willing to pay inflated prices for flowers, most of which will be dead in four days.

Having worked in a restaurant myself, some couples had to wait 45 minutes for a table just to have dinner on such a ‘sacred day’ if they are lucky enough to get a reservation. Not only do couples gawk over this holiday, single women do too. According to Antivday.com, 15 percent of women send flowers to themselves on Valentine’s Day, and three percent of pet owners buy their pets a Valentine’s Day gift.

Another reason Valentine’s Day is overrated— not everyone finds it pleasant. Valentine’s Day can depress single people who have lost all hope of finding someone. The holiday just magnifies peoples’ problems and makes them sulk over their nonexistent relationships.

As the years go by, the value of this day of love seems to diminish. People who are single really aren’t missing out on a whole lot when, according to the U.S. Census Bureau, there are, on average, 6,500 marriages and 3,200 divorces daily in America. This is basically saying that 50 percent of marriages will eventually end in divorce.

Christina Alderete, a Business major at Pacific, agrees that Valentine’s Day is really just depressing for people. “It just makes women feel bad about being single when they should feel empowered because they’re independent.”

Marissa Davis, a Psychology major, expressed the notion that the holiday isn’t for everyone. “It depends on whether or not you have a boyfriend,” she said.

Martin Luther King Day, Independence Day, and Thanksgiving are all holidays based on factual incidents. Thus, these events have more reason to be acknowledged. The pilgrims and Martin Luther King were real people.

According to History.com, the holiday is based on a legend of two Roman priests recognized by the Catholic Church as Saint Valentines, both of which were Catholic martyrs. Romance had nothing to do with the martyrdom of the Saint Valentines, and has nothing to do with what we celebrate today. Valentine’s Day is just a holiday that Hallmark created in order to increase their profits.
THE DEMOCRAT

Ally Mengarelli
Pacifican Staff Writer

Last week President Obama revised the financial stimulus plan. The change involved cutting large companies' executives' salaries to $500,000, according to the Wall Street Journal. This applies to companies receiving federal bailout money.

Policies will also be set on excessive and/or unnecessary spending on corporate jets, renovations, and entertainment until the government funds are paid. This is the first step in a wider plan that will spend what remains of the nearly $900 billion financial industry bailout that Congress has created.

According to Newsday, the $500,000 pay cap would apply to institutions that negotiated agreements with the Treasury Department for "exceptional assistance" in the future, yet each firm was American International Group Inc., Bank of America Corp., and Citigroup Inc. are exempt because they have already received help from the government.

Firms wishing to pay executives beyond the $500,000 threshold would have to delve into their unsold or liquidated stocks until they pay back the government funds. Other programs stipulate that top executives or hold stocks for several years before they can cash out, must give shareholders more say on executive compensation, and a Treasury-sponsored conference to be held on the long-term overhaul of executive compensation. This would further provide a checks and balances program to ensure such a catastrophe does not happen again.

Obama's decision has been met with a lot of controversy from (surprise, surprise) the Republican party, to which I have one thing to say: perhaps if the Republican administration before Obama didn't cause all this misfortune, Obama would not have had to deal with this.

First off, Bush left a whole tide of issues to leave on Obama's lap when he entered the office in January. Obama is doing a favorable job thus far and it's time to cut him some slack because, really, the reason it happened in the first place is because of the man you voted in.

Republicans have further classified Obama's action as a "government takeover," which is completely untrue because private enterprise will still be taking place. This law does not infringe on performance-based pay in any way, shape or form—it simply sets limits so those in high power aren't living off of bonuses that were so unfairly given. We can't let those accused get away with this—people have to be held responsible and accountable for their mistakes.

As Obama had stated before, according to Forbes.com, "Americans are upset—and rightfully so—because executives are being rewarded for failure, especially when those rewards are subsidized by the U.S. taxpayers."

Something had to be done here, and Obama made the right choice by setting the pay cap at $500,000. The fact is that this not only involves taxpayer's money (which could be put toward our ever increasing debt or used to help the woes-ridden economy), but it involves federal money and TARP (Troubled Asset Relief Program) money. How many executives have spent it, with no accountability, is flat out criminal behavior.

Ruben Moreno
Pacifican Business Manager

Corporate America has, for the last few years, been seen negatively from people across the world. What led to this negatively was the personal pay of corporate CEO's, which became visible to everyone.

In the last year, for instance, we saw companies producing horribly. How is it then that we can see the leading officials of these companies take out extraordinary bonuses and pay? Mind you, it is fair for a company executive, whose company did earn profit for the fiscal year, to receive a lovely stipend.

According to the Wall Street Journal, the Obama administration announced new plans to "help" our financial crisis, "President Barack Obama's proposal to cut a $500,000 limit on compensation at companies seeking federal assistance prompted both grumbles and applause from bank executives across the country, as they debated the wisdom of the federal government becoming more involved in the day-to-day decisions of U.S. financial institutions."

Will this Will banks be willing to take out our loans from the federal government as long as their company agrees to these pay caps?

What I do know for sure is that the stimulus plan won't work. The plan, already leading toward 900 billion dollars, is full of pork and useless spending that won't help the economy.

The Chicago Tribune quoted Obama stating, "In the past few days, I've heard criticisms of this plan that frankly echo the very same failed theories that helped lead us into this crisis in the first place -- the notion that tax cuts alone will solve all our problems, that we can address this enormous crisis with half steps and piecemeal measures and tinkering around the edges, that we can ignore fundamental challenges, like the high cost of healthcare, and still expect our economy and our country to thrive."

I don't think so, Mr. Obama. Tax cuts are proven to help, more so than your handout healthcare, which will now an entirely different story. Private healthcare, not nationalized healthcare which the government would watch over, should be encouraged by our government. It is not the government's job to be watching over as hawks and mandating who will get what and who will pay what. As we've seen in the last few decades, government interfering has not always been the best resolution.

The economic crisis will solve itself if the government doesn't interfere. What the government wants to do now is step in so the recession does not prolong. What we're seeing, though, by the Fed, however are not the best plans and ideas. More government spending and waste is what it always lead to, in the end will only increase our already mass deficit.

In Defense of the Study of Humanities

Heather Breen
Pacifican Copy Editor

Recently I read an article by NY Times Blogger Stanley Fish in which he posed the question, "Are the Humanities Dead?" Throughout the article, he cited why many people shy away from majoring in the humanities, why the humanities often receive less funding than other more practical programs, and why the study of the humanities seems to be less important in higher education today than they were in the past.

The issue that the humanities are dying is an interesting one to ponder when applied to our own university. Pacific is renowned for its pre-professional programs in health sciences and business, yet the humanities remain a major part of our curriculum, at least at the undergraduate level.

Pacific's breadth requirement ensures that students have the option to take one humanities course in subjects like literature, philosophy, history, religious studies, and classics.

The Pacific Seminar trio also strives to introduce students into the realm of humanities by bringing lecture, discussion, reading, writing, and critical analysis into the classroom and into the hands of students.

But the argument remains: will a course in philosophy help you obtain your PharmD from the Thomas J. Long school of Pharmacy? Maybe not. Will taking a literature course land you a high-paying job out of college so that you can start paying off your loans and start saving for the future? Not necessarily. Still, the humanities remain part of university curriculum for the sole reason that they enrich us as people.

Dr. Elizabeth Griego, Dean of Student life said, "The value of the humanities (and the arts and what we call 'general education') are that they invite exploration of the big and enduring questions of what it means to be human."

In other words, the humanities put students in direct contact with ideas, theories, people, and events that shaped who we are today. Collectively, these ideas, theories, people, and events describe the global and historical evolution to which we all belong. In a study, humanities is an exploration of our past that sheds light on our current place in society.

And since many readers might find it a stretch to claim that the humanities are responsible for enriching their personal lives, take comfort in the fact that taking a humanities course still teaches practical skills such as how to argue for or against an idea, how to communicate your ideas to others orally and through writing, and how to evaluate events and ideas based on how they contributed to or detracted from society, and not just for how 'interesting' they seem.

"In today's world of such daunting complexity and relentless change, students deserve an education that prepares them not only for excellence in their major discipline, but also for excellence in what it means to be a global citizen," said Griego.

"Secondly, the humanities give us the knowledge not only how to get things done but also how to evaluate the question. What is most worth doing?" she continued. "The humanities cultivate self awareness, character development, empathy for others, a caring spirit, and moral courage—all needed to navigate the challenges ahead no matter what majors and careers students choose."

So, the next time you question the value of the humanities, consider both the personal enrichment you can gain, as well as the skills you can enhance from taking a humanities course.
**carpe diem**
The business of pleasure

February 14 is coming up, but most people are either apathetic or angry at the fact that Valentine's Day (or Singles Awareness Day for those loners out there) is a look at what they can't have, don't want, or don't care too much about.

Even when I was single, I would send Valentine's Day gifts, because it's not just about the romantic relationships between two people, but a day to show the people who you love how much you mean to them. Cheesy, but true. On Valentine's Day, even getting a small, generic Valentine from Target will encourage confidence and acceptance in your friends, some of whom don't necessarily have a particular Valentine to share the day with.

However, if you're one of those cynical people who really don't care about getting or giving Valentines, I have a suggestion for you.

As a freshman in high school in San Francisco, I was exposed to a wide variety of relationships—even relationships between two people of the same sex. I realized that love was universal, and that certain relationships between two people of the same sex.

As a freshman in high school, I was also exposed to the business of pleasure, or pornography.

Pornography, or more commonly known as porn, has always been a big no-no because it exposes the big, bad, and the naughty in a society where everything from secrets to sexuality needs to be kept away in order for a "more perfect union." Nonetheless, pornography has played a significant part in the entertainment business for ages, and has been growing due to the expansion to DVDs, VCRs, and the internet.

Movies, such as the aptly-titled "Zack and Miri Make A Porno," and "The Girl Next Door," focus on this subject comically and its ability to forge new relationships. The truth is, with porn, you can forge a relationship, one that will comfort you in ways you wouldn't have imagined.

Most men are already familiar with the topic, and probably have their own favorite films, usually often discussed to the same sex. On the other hand, women will scorn at and meet the idea of porn with disgust, but there are more women who watch porn than you'd expect.

Also, there is the argument that every time women watch a film that includes a particularly attractive man, it could be counted as porn.

Either way, porn can be a comfort to those stranded, alone, or horny on Valentine's Day, or even those that aren't.

Pornography comes in all shapes and sizes—novels, photos, magazines, sculptures, animations, sound recordings, films, and even video games. Likewise, different genres of porn can attract a variety of different audiences, such as hardcore, softcore, or fetish porn. The porn industry is widespread, international, and successful, but be careful when finding porn over the internet.

Although many people will often shun the idea of porn as wild, vile, and gross, this form of entertainment encourages healthier relationships and releases stress and anxiety, all in the comfort of your own room or bed. In fact, many primetime television dramas include more pornographic elements than we realize. With so many different varieties of porn, individuals will most likely find a particular piece that interests them, and be able to utilize it to grow and mature, both physically and mentally.

Valentine's Day doesn't have to be miserable or annoying. With porn, you can share and express your emotions, and be satisfied with being alone.

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**Sudoku**

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**Guilty Pleasures**

**Movie**

*He's Just Not That Into You*
A 2009 US romantic comedy based on the self-help book of the same name, that chronicles the romantic misadventures of nine individuals in their twenties and thirties. Set in Baltimore, the common thread of the story is that one person in each relationship is more enamored with the other person and vice versa. 129 min.

**Book**

*The Time Traveler's Wife*
by Audrey Niffenegger
An unconventional love story that centers on a man with a strange genetic disorder that causes him to unpredictably time travel, and his wife, an artist who has to cope with his frequent absences and dangerous experiences.

**Music**

"Untouched,"
*The Veronicas*

"A Teenager In Love,"
*Dion and the Belmonts*

**TV Show**

*Family Guy*
Animated sitcom featuring a semi-dysfunctional family that lives in the fictional town of Quahog, Rhode Island. FOX at Sunday 9:00 PM (30 min.)
After three intense years of hard labor, many college students find that their motivation levels have decreased. Many of us think that senioritis is an epidemic that only occurs during our high school years, but it really doesn't have an end.

As we look back to those high school days, we can feel the nostalgia of the almost unlimited freedom and happiness of our senior year. Most of us were aware of the course we would take with our futures, and the rest of high school would just be fun and games. Advisors helped students get through high school, and most classes were simply a smooth transition into college. In fact, social life was an important factor of the last year in high school, filled with parties, pranks, and various school events. Sometimes we wish those days of carelessness would return, and that is perhaps one of the reasons many revisit that notion.

Senioritis can simply be a myth or an excuse to live a decadent lifestyle, but there is definitely an unusual phenomenon that takes place around this time of year. Students may take fewer classes than normal, or classes of no real importance, and spend their time in leisurely activities. Other students can be seen slacking off in their studies, showing up late to class, or not even making an attempt to do so. Seniors may begin to embrace the idea of leaping in to the "real world" by spending more time at social functions, because the idea of finally looking for a job lined up or an acceptance into a graduate school of their choosing. At this point, graduating Pacific seniors have a natural inclination towards their decision to move, and then return to the just-out-of-college thing where a young guy goes to another country to find himself. I was touching to lose myself. I was pretending I didn't exist.

Maybe the plot is worn out, and maybe the script isn't spectacular, but the movie possesses something fresher than most romantic comedies. Nick and Norah's Infinite Playlist is sensitive without being syrupy, and silly without being mindless. It may be just the right movie for an offbeat Valentine's Day treat.

One of these days, I want to get on a plane to Tokyo with a suitcase full of books and clothes, and start a new life in Japan. There's excitement in going to a completely different place and trying to make a life there. It's an adventure that tempts me greatly, and I could graduate, what is there to stop me from making that choice? Goes Christopher Barzak in his second novel, "The Love We Share Without Knowing," a few of the characters do just that. Some come to regret their decision to move, and then return to wherever they came from, but others stay in Japan, trying to find themselves or something else. As one character explains, "I wasn't doing the just-out-of-college thing where a young guy goes to another country to find himself. I was trying to lose myself. I was pretending I didn't exist.

One of the many themes in the novel is the idea of running away from one's home country. Why do people become expatriates in the first place? What are they running away from or rather, what are they trying to run towards? Does running away to Japan even solve anything? Other questions such as those are presented in the novel. Not all are answered.

The novel gets personal with its characters, and the lives of foreign expatriates and Japanese locals are entwined and dissected. Instead of chapters, the novel is split up into different stories, and a few of the same characters make appearances in each. I was touched by all the stories, but one of them stood out. The first story, "Realer Than You," is about a teenage boy who suddenly moves to Japan with his family and feels lost and alone in such a foreign culture. Listening to the soaring, ethereal music of Sigur Ros while reading about someone's search for identity and friendship in Japan, a crowded place where loneliness still prevails, has quite an emotional impact.

One particularly powerful story, "The Suicide Club," tells the tale of four Japanese adults who choose to commit suicide with each other in order to escape their mundane and unhappy lives. Sadly, these so-called "suicide clubs" actually do exist in Japan.

Barzak's use of Japanese myths and traditions in the story include a kutsumu, a fox spirit from Japanese mythology. Barzak's understanding of Japanese language and traditions brings the novel to life. For example, the description of the holiday of Obon, a festival celebrating the dead, in the second to last story "Day of the Dead," shows Barzak's understanding of how Japanese people celebrate that day, and how much respect he has for it.

With lovely descriptions of Japan's countryside and cities, this novel is rife with astute observations about people and the relationships they have with nature and each other. Not all the characters find closure in their decisions, but they become more enlightened about life, as readers of this magnificent and emotional book will.
Miss Indiana’s the New Miss America

Aileen Shon
Pacifican Staff Writer

Cue the tiaras and sequins: Miss Indiana, Katie Stam, was crowned Miss America on Saturday, January 24 at the Planet Hollywood Resort and Casino in Las Vegas, Nevada. She succeeds Kirsten Haglund, who was Miss Michigan in 2008 prior to her reign as Miss America. First runner up was Chastity Hardman, Miss Georgia, and second runner up was Olivia Myers, Miss Iowa. Jackie Geist, Miss California, made it to the Top Seven level of competition, but her talents and intelligence took her no further.

The 22 year old Stam hails from Seymour, Indiana and is studying Communication at University of Indianapolis with a concentration in Electronic Media. Prior to her entrance in the Miss Indiana program as Miss Duneland Stam was honored with two first place wins in the Television News Anchor and New Reporter divisions of the Indiana Association of School Broadcasters Awards, and with the Elisa Bowen Outstanding Student in Television Award from the same organization. Stam’s ambition is to become a television news reporter.

Stam wowed the crowds and the judges with her passionate vocal rendition of “Via Dolorosa.” Her platform, “Passion for Service: Promoting Community Service and Involvement,” is manifested in her work as a National Goodwill Ambassador for the Children’s Miracle Network and in her role as official spokesperson for Zerosmoke. Though her white beaded evening gown has failed to impress media outlets and bloggers alike, Stam’s poise carried her through the evening gown competition, and photos of her being crowned while thus attired have flooded the internet.

While the program’s broadcast on The Learning Channel easily scored the highest ratings of any cable program that evening, and the network came in third overall behind CBS and Fox, ratings remained low for the program which has attempted to incorporate reality-TV angles in order to make the pageant more relevant and involving for viewers in that all-important 18-49 year-old demographic.

Criticism still runs rampant as to whether or not Miss America is still relevant, or if young women prancing around stage in bikinis is an objectifying insult to their dignity. However, the Miss America pageant system as a whole gave away almost $45 million dollars in scholarship money to over 12,000 collegiate women from across the country, causing some to caution against disregarding the program entirely.

Whatever one’s own views on the issue, it is safe to say that Katie Stam has no such qualms; traveling, a $50,000 scholarship, and a wealth of professional networking opportunities are hers for the taking— and take them on, she will.

Super Senior: Charles Falzone
Aileen Shon
Pacifican Staff Writer

Fifth year senior, Charles Falzone, is a civil engineering major at Pacific who is also a gifted multi-tasker. He is currently in the process of preparing for graduation, and is planning to simultane­ously work in the real world and receive his master’s degree after receiving his bachelor’s.

When asked to give advice for seniors who are planning to be at Pacific for five years, Falzone suggested making younger friends. Some of his favorite things to do on campus is play racquetball with a few of his close friends and attend the occasional party. “I love my major,” said Falzone. “I like the application of math and science to solve real world problems, it just makes sense.”

Guia da Vogue

A la Vogue

health and beauty with Ika

Rather than starting off directly with new trends, or even those iconic styles of some stores, I thought I’d focus on a general, life-long fashion faux pas we need to first learn to avoid!

For the longest time, I’ve tried to wear clothes that simply do not fit my body type just because I saw it look amazing on someone else! We need to learn to wear clothing that enhance our own body type, or clothing that have clothes-to-suit us like trying to fit a square block in a round hole. I feel like this is the most basic rule we need to staple in our heads when shopping or putting together an outfit. There are three reasons that may lead you to fall into this trap.

First, do NOT let an awesome bargain price tag fool you into thinking that you can make it work for you. I mean, yes, it looks great on the rack and can possibly look good on you if you hold sections of the item in a certain way while you’re wearing it, and the price is just amazing, but really, if it’s not going to compliment your figure, you’re just wasting your money.

Second, wear clothing in your appropriate size. We, unfortunately, are not patient enough to find a pair of pants or jeans that fit correctly on the waist, thighs, AND your bottom. Either it’s too tight on your waist, but fit your legs and bottom well; or it fits well on the waist, but does not fit snugly elsewhere... etc. We tend to get consumed by a specific brand or clothing style, or that can accentuate a slender figure to give an allusion of greater curves, I know that wearing that type of dress on me will simply accentuate other parts of my body I’d rather not show off—like my tummy. So instead, I have to opt for one that can be fitted on the top, cinch on the smallest part of my waist, and then loosely flow outward to not draw attention to the tummy area—like a tulip dress, for example. Choosing this type of dress compliments my body type and even gives me a more hour-glass figure, (even giving me a better allusion of a smaller waist!) instead of making me feel trapped, awkward, or self-conscious! Most importantly, feeling confident and comfortable displays even greater beauty than the style of dress you’re trying to wear.

Third, do not let the a certain trend of style of the moment tempt you into needing to wear it in that specific manner. For example, I, myself, am about 5’4”, have a slightly athletic build, but am not incredibly slender— in other words, washboard abs are foreign to me. Although I love those hour-glass, snugly fitted dresses that can accentuate a slender figure to give an allusion of greater curves, I know that wearing that type of dress on me will simply accentuate other parts of my body I’d rather not show off—like my tummy. So instead, I have to opt for one that can be fitted on the top, cinch on the smallest part of my waist, and then loosely flow outward to not draw attention to the tummy area—like a tulip dress, for example. Choosing this type of dress compliments my body type and even gives me a more hourglass figure, (even giving me a better allusion of a smaller waist!) instead of making me feel trapped, awkward, or self-conscious! Most importantly, feeling confident and comfortable displays even greater beauty than the style of dress you’re trying to wear.

restaurant review

Saigon Sandwiches

Elaine Campion
Pacifican Staff Writer

Close to campus and just around the corner from the 7-11 on Pershing, Saigon Sandwiches is a delicious eatery that has somehow hidden itself from most of the Pacific community. Located at 1412 Rosemarie Lane Suite D, this humble establishment has been the secret pleasure of a few of my friends until I was recently introduced to its phenomenal provisions. After my first meal at Saigon, I knew I was completely addicted.

Their specialty, their delicious Vietnamese sandwiches, is made fresh, and each crispy warm French-style baguette is topped with vegetables, cucumber, cilantro, peppers, and a mayonnaise-like spread. Sandwich meats include steamed, grilled, or barbequed pork, spicy chicken, and gherkines. A sandwich alone is only $2.49 (yes, you read that correctly, a tasty hot sandwich for less than three dollars!), but the sandwich combo meals, are what make Saigon Sandwiches a must for an affordable, filling lunchtime stop. For just two to three dollars more, you can add a drink along with two egg rolls, a side of French fries, or my personal recommendation, two spring rolls and your choice of fish or peanut sauce for dipping.

During the week, the eatery gets pretty busy at lunch time, with local high school students stopping by for sandwiches, along with a number of professionals on their breaks from work, so expect a bit of a wait if you come in around noon or so. However, service is usually timely despite any busy moments, even though only a handful of people work in this small eatery. Everyone who works there greets you with a smile when you walk in, and if you become a “regular”, it’s not uncommon for the staff to remember your “usual” order.

Saigon Sandwiches also offers pearl drinks (boba), delicious Vietnamese Pho soups, as well as a plethora of other lunch or dinner choices. Open every day except Sundays, from 8 a.m. to 7 p.m., this sandwich stop is a perfect place to visit when you’re hungry and running low on funds. Dig around in your couch or hit up that change container in your car, scrounge up $2.45 in nickels and dimes, and head over to Saigon Sandwiches for a hot, crispy sandwich that seriously hits the spot.
PUBLIC SAFETY LOVES YOU!
Valentine’s Day is just around the corner and so many of us think of different ways to express our feelings for one another.

A healthy relationship has four main ingredients:

Respect. Learn about the other person and value what is important to them. Respect reflects the value, validation and the worth of another person. No one should “lose” a part of themselves in a relationship (goals or dreams, other friendships, beliefs, values or the right to make decisions).

Honesty. Be true about our thoughts, feelings about what we want to happen in the relationship is a challenge. Why? We don’t trust ourselves to be honest because maybe we are afraid the “real me” isn’t likable. We just don’t have a lot of practice with honesty. In any relationship, especially a sexual one, honesty is very powerful and scary.

Trust. “I trust you” is one of the greatest things two people can say to each other. It means they can count on each other, and the other person will “be there” for them. Trust doesn’t come easily and needs to be earned over time and in a number of experiences.

Communication. Here is how we show our honesty, respect and trust. We need to be willing to listen, and make a commitment to listen. In a struggling relationship you might hear “I just don’t feel my partner is listening to me. I just don’t feel understood.” Communicate your own thoughts, wishes, requests and needs. Don’t leave clues – disappointment happens when you can’t figure them out.

Healthy Relationships take time! It’s not a case of just adding water, or in some cases, “just add alcohol.” If you are in a relationship and feel it may not be healthy or are unsure, you have an opportunity to speak confidentially with Counseling Services or MaryAnn Pearson, the Victim Advocate in the Public Safety Department—(209) 403-0250. Feel free to stop by her office, located in the basement level of Cowell Wellness Center, inside the Public Safety Dept. We care about you!

KISSES ARE NOT PROMISES!
A REAL PARTNER DOESN’T MAKE LOVE TO A MILLION OTHER PEOPLE. A REAL PARTNER MAKES LOVE TO ONE PARTNER IN A MILLION WAYS. LOVE IS ACCEPTING, NOT EXPECTING.
IN ALL YOUR REMEMBERING, REMEMBER THAT YOU HAVE CHOICES.
A TRUE FRIEND IS SOMEONE WHO REACHES FOR YOUR HAND AND TOUCHES YOUR HEART.

EVENTS CALENDAR

February 12
Delta Sigma Theta’s (ΔΣΘ)
Valentine’s Day Auction
7:00 p.m. - 10:00 p.m.
Raymond Great Hall
San Francisco Mayor
Gavin Newson
6:00 p.m. - 7:30 p.m
Ballroom, Don and Karen DeRosa University Center, Stockton Campus.
Free, but RSVP’s required.

February 13-14
The Seventh Season for Music Beyond Performance
7:30 p.m. - 9:00 p.m.
Conservatory Recital Hall
$7 general admission - $5 students and seniors - FREE to Pacific students

February 14
Black Family Heritage Day 2009
9:00 a.m.
DeRosa University Center
Cost: Free
Delta Sigma Theta (ΔΣΘ)
Dance
9:00 p.m. - 12:00 p.m.
Raymond Great Hall
Celebration of Life Honoring Kathe Underwood
2:30 pm
President’s Room

Band Spotlight:
New Musical Fusion Band

Nicole Eicholtz
Pacifican Staff Writer

There’s a new band coming to take Pacific by storm. They don’t have a name yet, but they do have plenty of talent and enthusiasm. Lead guitarist and vocalist Hayes Martens, bass player Dave Vanoli and drummer Brian Swensen, Pacific students, have put together quite the charismatic little music group with a classic rock and roll sound. Their music has a rough edge to it, with free spirited vocals and pulsing beats inspired by such classic punk bands such as The Clash.

The band hasn’t been around for very long, but has already gained some exposure by playing at the Grove on its grand opening to a pretty impressive turnout. Many students filled the plaza to see the band’s debut performance during Pacific Hour and thoroughly enjoyed the experience. Senior Nicole Gowans, who attended the performance said, “I was only able to stay long enough to hear two of their songs, but they were great. I hope to hear more from them soon”.

As they strive to increase their fan base, the group has acquired some unlikely followers that have taken a liking to their edgy sound. The band explained that their biggest and most loyal fans are the campus police, who upon answering a noise complaint, ended up enjoying the rehearsal so much that they’ve consistently continued to come to the practices.

The story of how the band came together is impressive in itself. Martens emphasizes that the formation of their band is somewhat a product of Musical Fusion, a fairly new club on campus. Musical Fusion is designed and run by students with the intent of getting students at Pacific who wish to form bands together to meet other musicians with the same idea. Martens confirms that, “It’s such a great setup for finding people who play a musical instrument and want to have fun in a band, especially those who are not in the conservatory.”

The members of the band are indeed diverse in terms of what they study, as Martens is a Business/Music Management major, Vanoli is a Communication/Pre-Law major, and Swensen is a Communication/Music Management grad student. They all choose to excel in these subjects as a fall back, but they all agree that playing music in a band is their primary fulfillment and hope to pursue it as much as possible, so students at Pacific should expect much more from the nameless band in the future.

If you see any of these musicians roaming around campus, don’t hesitate to get involved by giving them suggestions you might have for a name. Until then, support Pacific’s growing music scene by becoming fans of one of your school’s talented rock bands!

Pacific Plays Pink
Feb. 21
4 p.m.
Alex G. Spanos Center
Come out and support our teams playing to support Breast Cancer Research!!
The Stories Behind the Stars

Rachel Freeman
Pacifican Sports Editor

I'm sure by now many of you have heard that Michael Phelps was suspended from USA Swimming for the tabloid picture showing him smoking a pipe of marijuana. He lost his Kellogg's endorsement. It's disappointing. He was at the top of his game, still reeling from the high of the Olympics. I don't feel bad for him; he made a poor decision and he will have to face the consequences. Seth Myers, the host of the Weekend Update for Saturday Night Live addressed this problem.

"Parents, if your kids are asking you why they can't smoke pot if Michael Phelps does, tell them: you can, after you win 12 gold medals for your country!"

At the Pro Bowl this past weekend, veteran players did a little rookie initiation. Peyton Manning thought it would be funny to throw the cell phones of the Pro Bowl rookies into the swimming pool. Only one problem with that: he threw QB Jay Cutler's blood sugar monitor into the pool. Jay Cutler is a type 1 diabetic and keeps a blood sugar monitor in his pocket all the time. Manning confused this with a cell phone (I don't know how, it has no monitor into the pool. Jay Cutler is a type 1 diabetic and keeps a blood sugar monitor in his pocket all the time. Manning confused this with a cell phone (I don't know how, it has no monitor into the pool. Jay Cutler is a type 1 diabetic and keeps a blood sugar monitor in his pocket all the time. Manning confused this with a cell phone (I don't know how, it has no monitor into the pool. Jay Cutler is a type 1 diabetic and keeps a blood sugar monitor in his pocket all the time. Manning confused this with a cell phone (I don't know how, it has no monitor into the pool. Jay Cutler is a type 1 diabetic and keeps a blood sugar monitor in his pocket all the time. Manning confused this with a cell phone (I don't know how, it has no monitor into the pool.

"Anyon wondering if Cutler was okay, no need to worry. He was able to make a few calls and quickly get a new one. I think it would have been funny to hear that Cutler started complaining of stomach pain and fell to the floor just to see how Manning would react."

Lastly, sad news in the baseball world:

"Alex Rodriguez admitted to using steroids from 2001-2003. Rodriguez is the player everyone thought would surpass Barry Bonds for the career home run record and untaint it. But now, who knows what to think. Rodriguez was quoted Monday saying he used steroids "because of the pressures of being baseball's highest-paid player."

Sports always seem to be tainted by pranks and scandal. This Valentine's Day weekend, hopefully people can remember why they love sports so much; think back to the days when you were a kid, running with your friends with the wind in your hair. Maybe if more people took the time to remember this, sports would actually be more about what happens on the field and less about what happens off.

Athletic Training
Tip of the Week

Quad Contusions

Brought to you by the Pacific Athletic Training Education Program Students

Quad Contusions are one of the most common injuries among the active population. In fact, they are only second to strains and sprains. The Quads are muscles that make up the front part of the thigh. The four muscles are: Rectus Femoris, Vastus Lateralis, Vastus Intermedius, and Vastus Medialis. Contusions are also referred to as bruises and occur when there has been a direct blow to the skin.

Quad contusions occur in almost all sports: On the soccer field when someone misses the ball and instead nails their opponent on the thigh or behind the plate at a softball or baseball game when the ball seems to have made contact with the quad muscles instead of the bat.

During impact the muscles are compressed and crushed against the femur bone. This results in the blood vessels rupturing and allows the blood to pool under the skin tissue thus forming the contusion.

So what is the best way to deal with this injury? Quad contusions tend to be painful and like most injuries can be ranked from mild to severe. Even mild quad contusion should be taken care of correctly. The majority the movements that we perform throughout the day involve the quadriceps muscles. Walking, driving, getting up out of a desk chair, and walking up stairs all involve the quadriceps muscles. So this injury had the potential to limit how much movement could be done through out the day.

To care for a quad contusion there are a few key points that need to be followed. Ice should be put on after the injury occurs for 20 minutes. This will help the blood from further pooling under the skin. Ice should be used through out the day for 20 minutet periods for the first three days. The patient can lightly stretch the injured quad muscles, but try to avoid painful stretching. It is good thing to keep muscles moving to avoid muscular spasm and cramping, but it will be a setback if the injured muscles are pushed to stretch too far. For the first 72 hours heat should NOT be applied to the quad contusion. If a person hears or massages a quad contusion in the first three days they are at risk of developing myositis ossificans. Myositis ossificans is the development of bone growth from the calcification of the quad contusion. Ice does not increase blood flow or promote the classification of the contusion like heating will. So next time when you are looking down at the crazy bruise you got from your last workout you will know exactly how to handle it.

Have Questions? Please email k_burnett1@pacific.edu

RecSports Indoor Volleyball Power Rankings

Men's A:
1. The Friends-Moriguchi seeks redemption after being cut from Men's Volleyball team
2. Spiketown- Gee and Watson are two of the most feared hitters in the business
3. Set It & Forget It-A quality cast but lacking the big hitters
4. Tanaka's Shocka's-Taniguchi is arguably the best setter in the league

Men's B:
1. Bulldogs- Scrappy and resilient
2. Tri Delta- Freeman, Saavedra, and Garehime will have to carry the squad
3. 09ers- The PT program has become a legitimate roster from top to bottom
4. Collateral Damage-A serviceable roster

Men's C:
1. Finally Playing on a Women's Net- Team has already lost one of its most prominent players
2. Team Duh!- Team is off to a hot start
3. Vicky Chang's Kids- Team has a serviceable roster
4. Bump, Set, Decapitate-The Chen sisters

Co-Rec A:
1. Ice Cream- Great hitters, Great setters, Great defenders
2. Bowl Cut- Really good but not yet great
3. Scoop-A-Loop- Apparently Rose excels at all sports inside a gym

Co-Rec C:
1. Spam Blockers- 3 things that are inevitable: Death, Taxes, and Mitch Tom winning a volleyball championship
2. Team Duhl- Team is off to a hot start
3. Phi Delta Chi- Should be competitive in this watered-down division
4. Vicky Chang's Kids- Team has a legitimate roster from top to bottom
5. Collateral Damage- A serviceable roster

Women's:
1. Finally Playing on a Women's Net- Team has absolutely no weaknesses
2. Tri Delta- Freeman, Saavedra, and Garehime will have to carry the squad
3. 09ers- The PT program has become a tough franchise on the RecSports circuit
4. Bettie- Came up just short against Tri-Delt
5. Twin Stars- Athletic and determined
A Preview of the Upcoming Baseball Season

Vanessa Connolly
Pacifican Staff Writer

Pacific’s baseball team will begin their 2009 season this month with an away game at Baylor University on Friday, Feb. 20. The team has been picked to finish ninth in the Big West conference in the 2009 Preseason Coaches poll after finishing ninth in the 2008 season. The team returns with 20 letterwinners, and picked up seven incoming freshmen and four junior transfers.

Seniors Joey Centanni and Cole Akins will lead the team as the starting pitchers and senior Hunter Carnevale will be the starter for games on Sunday. Junior Mike Walker and sophomore J.B. Brown will lead the team in the infield. Juniors Ben Gorang and Scott Isbell will serve as shortstops. Junior Jamie Niley, another transfer, will serve as a reliever along with senior Larry Holscher, juniors Riley and David Rowse, and sophomore Thomas Berolzheimer.

Senior Joe Oliveira, a 2008 All-Big West Conference Honorable Mention recipient will be the starting catcher, though he will be sidelined for the beginning of the season with a broken hand. Oliveira was third in Big West for runners caught stealing and led Pacific with 24 stolen bases in 28 attempts.

Sophomore Nick Longmire, another All-Big West Honorable Mention will head the outfield. Longmire was the team’s 2008 leader in batting average, triples, and RBIs. Longmire was also named to the first team all-star list in the Western Major Baseball League during the summer of 2008. Centanni will assist Longmire in center field when he is not pitching.

Senior Mike McKeever, who led last season in slugging percentage, will be the starting right fielder.

The Tigers will host 26 home games and play a total of 55 games for the season. Pacific currently has six signees for the 2010 season. The first home game for the season will be Tuesday, Feb. 24 when the Tigers take on the Sacramento State Hornets.

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.
Tigers Breeze Past UC Davis, 6-1

Athletic Media Relations

The Pacific men's tennis team defeated UC Davis, 6-1, on Sunday, Feb. 8 in the Big West Conference opener for both teams at the Marya Welch Tennis Center.

Pacific moved to 1-1 on the season and 1-0 in the Big West, while UC Davis fell to 1-3 overall and 0-1 in conference play.

The doubles matches began with a victory at the No. 3 position as freshmen Christian Kuehne and Karl-Erik Paaro defeated Josh Albert and Kevin Liang, 8-2. The Tigers clinched the match's first point when senior Lauren Weyman and Emily McDaniel took down No. 1 positions by Delsin and Starke. Delsin nabbed a 6-0, 6-1 win at the No. 4 slot over Tyler Lee, while Starke took down Michael Reiser, 6-3, 6-1.

The clinching point for Pacific came from the number two position. Sophomore Artem Gramma collected back-to-back tiebreaker victories 7-6(5), 7-6(5) to defeat Nick Lopez and secure Pacific's team win.

The Tigers are next in action Feb. 14 when it hosts UC Santa Barbara at 1 p.m.

Pacific Softball Season Begins

Athletic Media Relations

Additional reporting by Pacifican Staff Writer Ben Holley

Last week marked preseason play for Pacific's Softball as the Tigers' competed in the UCLA Stacy Winsborg Tournament. The tournament marks the first step in the Tigers’ climb to the top of the Big West.

Entering his 17th season at the helm of Pacific's program, head coach Brian Kolze is looking for the Tigers to rebound from the 2008 season in which Pacific finished with a losing record for the first time in 13 seasons.

"What is nice about this year's team is the versatility that our depth gives us in things we can do, both at practice and on the playing field," Kolze said.

Pacific is bringing back eight of nine starters to its 2009 lineup, headlined by 2008 Freshman Field Player of the Year, Nicole Matson. Senior Casey Goldsand, a two-time All-Big West selection, returns to the top of the Tigers' lineup after leading the team in batting and runs scored. Junior Kellee Wilson begins her third season after producing a breakout sophomore campaign in which she led the Tigers with 41 RBI. At the top of the order look for freshmen Amanda Collier and lefthander Paige Emerson entering the 2009 season.

"Offensively we are much improved because I think we have more weapons in our lineup from top to bottom. Our veterans have come back stronger and more focused, and we have added some very good freshmen into the mix," Kolze said.

The Tigers' infield returns almost completely intact from the 2008 season including Goldsand and Matson serving as the core on second base and shortstop respectively. Rounding out the infield are Collier, Wilson, senior Briana Santros, and freshmen Alexa Rivera and Michelle Tait. For the second year in a row the outfield will see a shift in positions with senior Lauren Weyman switching from center to leftfield. Emerson will take over duties in centerfield. Junior Brittany Hendrickson and sophomore Lindsey Pierce will share time in rightfield.

Starting the pitching rotation will be seniors Chelsea Engle and Helberg, with the addition of freshman Gabby McDaniel and Tait. Engle, a two-time all-conference selection, enters her fourth and final season with a team-best 15 wins and 162 strikeouts. The quartet looks to be a great mix in styles with each pitcher bringing different traits and pitching. Junior Karie Wilson will be the Tigers' starting catcher with freshman Erin Stephens will act as relief.

Preseason play continues until March 28 when the Big West conference begins with the Tigers' taking on Cal State Northridge. Prior the 14 games that make up the Big West conference the team will hone their skills individually and as a unit in 30 preseason games. The Tiger's next tournament will be the University of Florida Tournament, hosted by last year's No. 1 USF, from February 28 – March 1.

USA Rock Paper Scissors College Championship

Cristy Yodon
Pacifican Distribution Manager

On Saturday, Feb. 14, AMP Energy Drinks is presenting Pacific's Rock Paper Scissors College Championship. The competition will be held at the Stockton Scottish Rite Center at 33 West Alpine St. from 10:30am to 2:00pm.

Anyone is welcome to compete and the winner of the semi-finals on Saturday will play the winners from other schools nationwide in Florida at MTV's Spring Break. The Grand Champion will win $20,000 toward tuition at his or her school.

Club Soccer
Dreaming Big

Tori Lam
Pacifican Staff Writer

The women's recreation soccer club recently joined a soccer league from Manteca called The Big League Dreams. Lauren Short, the president of the club, is excited to see where this spring semester will take them.

The women's soccer club has been struggling to keep a league that was dependable. Short said, "I hope to join a league all year round and not have to stress over finding a new one."

In Fall 2008, many showed strong interests in joining the soccer club; however, most did not have the time for it. To fix this, Short reached out to members that consistently came to practice and had them recruit their friends, spreading the word through Pharmacy students and holding information tables.

Currently, there are 12 members in the club. Practice takes place on Wednesdays from 6-8pm on Gardemeyer Field, which is located behind the Brookside and Monahan community.

Games will begin Monday Feb. 16, games will begin. Since joining the Big League Dreams, the Women's Soccer Club will be competing every Monday.

Anyone is welcomed to join, especially males. The coach for the club is Pharmacy professor, Marcus Ravnan. Dues vary, but are reasonable and payments are flexible.

If you want more information or are interested in joining, contact l_short@pacific.edu

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If you want more information or are interested in joining, contact l_short@pacific.edu
**DeSean's Sports Update**

Lance Martin, Pacifican Writer

I'd like to wish all the ladies a Happy Valentine's day, because I don't think you're beautiful, I think you're beyond it.

I would like to wish Griff and his grill a speedy recovery. He is down, but he ain't out.

NFL

Congratulations to the Pittsburgh Steelers. I would have had an article last week, but let's just say two people and a 30-pack do not add up. After the game, I walked from the University Center to Monagan and I was breathing so heavily, I had to borrow Adam's inhaler.

Former Cowboys receiver Terry Glenn was arrested for roaming a hotel not only under the influence of marijuana and alcohol, but also naked. I wouldn't be surprised if Glenn was with Johnny Deep and Benicio Del Toro while they rekindled their Fear and Loathing in Las Vegas days.

NBA

I found respect for Ray Allen putting up 22 point and trying to lead his team to victory against the Lakers, because I still think the biggest moment of his life is when he schooled Denzel Washington in He Got Game.

Boston and Cleveland could not stop the Lakers, and at this point I don't even think the red light on March Avenue could stop them. Even without Bynum, the Lakers are rolling just like an optimo.

MLB

I'm not really surprised about Alex Rodriguez testing positive for steroids in 2003. Everybody and their mother was steroids in 2003. They might not have been using the designer steroids like Bonds, Sosa, or McGwire, but you know what was going down.

With opening day about two months away, I can't help but feel like a 7-year old hopped up on jolt and pop rocks.

College BB

Notre Dame's recent downward trend has been well documented. Bearing any miracle or divine intervention, the Irish are effectively don't have their run for a tournament birth.

Congratulations to Pat Summit, not for winning her 1,000th game, but when you look up the word "winner" in the new Webster's Dictionary, it reads "1: one who wins 2: Pat Summit."

Duke lost to Clemson and Wake Forest lost to Miami. The ACC took a hit, but it could be worse. Jack Bauer could get more action in one hour of 24 than in what you get in one year.

MISC.

Michael Phelps is not the first 23-year old to smoke pot, but he is the first 23-year old to smoke pot just three months after winning eight Olympic swimming gold medals. In the picture, Phelps looked just as natural with a bong in his hands as he did swimming in the Olympics.

ESPN is opening up a high school with the help of NYC Department of Education to help students focus on the business side of sports. BOSS, Business of Sport School, will open in Manhattan with approximately 80 ninth-graders. This is the only time in my life I wish I were born in inner-city New York.

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**2009 Senior Class Gift**

Your senior class gift of $20.09 to the Pacific Fund will enable undergraduate students, graduate students and faculty to pursue research initiatives, hands-on learning, academic innovation, multidisciplinary collaborations and travel abroad. Be a part of this groundbreaking tradition! Help us support our faculty, strengthen our programs and prepare our fellow students to be tomorrow's leaders.

Your class gift will be acknowledged in a time capsule buried under a Class of 2009 Stepping Stone on Campus. Inside the time capsule will be a video of seniors giving their 'shout-out/props' for Pacific posterity. Don't be the only one not in the video.

Make your gift today!

For more information, call the Pacific Fund Office at 946-2780 or Kate Hutchinson '09, chair of the Senior Class Gift Committee, via email at seniors@pacific.edu 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.

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