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VOLUME 105, ISSUE 19

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THURSDAY, FEBRUARY 6, 2014

San Joaquin residents honored

Nicole Felkins COPY EDITOR

On Jan. 31 from 5:30 to 7 p.m., the Martin Luther King Jr. (MLK) Peace and Justice Awards Dinner was held in the Dining Hall of Grace Covell to honor individuals at Pacific and in the community who made exceptional contributions to equality and social justice in the university and communities within San Joaquin County.

The recipients for the award this year are Sydnie Reyes, Zephanii Smith, Randall Ogans, Philip Johnson, Arthur Coleman and Ronald Hallet, Ph.D.

A band comprised of Pacific students conducted the opening performance: Annela Flores '16, who was on vocals, Darien Fields '15, Alex Reves '14, Aaron Rousseau '14 and Malachi Whitson '15.

The hosts for the evening were Shani Boyd '17 and Rodolfo Buenrostro '16, who also delivered the welcome speech.

Jocelyn Sharpe '15, a political science major at Pacific, sang "Lift Ev'ry Voice and Sing," the black national anthem. The audience was invited to sing along using the lyrics that was located at their seat.

Afterwards, Shannel Hawkins '15, a member of the MLK Planning Committee, announced that dinner would be served, which was provided by Bon Appetit.

Marguerite "The PR Lady" Hinrichs '94 delivered the alumna keynote address. Hinrichs recounted her days at Pacific using a PowerPoint slideshow. She congratulated the recipients and marveled at all that has been accomplished since Hinrichs fought for social justice at Pacific in the 90s.

Trust Hilton '14, Shani Boyd '16 and Buenrostro announced the award winners and briefly summarized their contribution to the fight against social injustice and inequality in the Pacific and San Joaquin communities.

Each recipient came up to receive their plague and pose for a photo. "It's rough to pick some recipients. It's hard," expressed Hilton to the audience.

Sydnie Reyes, who received the award for her work as a Pacific student, works as an inclusion coordinator at the Women's Resource Center; she is also an in-class writing mentor and a resident assistant.

Sydnie Reyes was the ASuop Multicultural Senator At Large last academic year, where she established a Diversity and Inclusion Fund to promote diversity on campus.

Sydnie Reyes has served on the United Cultural Council, and she was also an outreach coordinator at the ALANA (African-American, Latino, Asian and Native American) Center, where she created events

PEACE AND JUSTICE AWARDS



Nanxi Tang

Members of the Pacific community coming together to discuss the issue of racial profiling.

Racial profiling:

An invisible crime

Nanxi Tang NEWS EDITOR

On Feb. 4, Pacific's William Knox Holt Memorial Library hosted a campus conversation to explore racial profiling.

This event was sponsored by the Lambda Tau chapter of Delta Sigma Theta Sorority Inc, Student Life's diversity community engagement subdivision, the Bias Response Team, and the Black History Month planning committee.

Lisa Cooper, Ph.D., Pacific's assistant vice president for and diversity community delivered engagement, the opening address. "[Campus conversations] bring people together. It is really important to the community for the people to voice their opinions, their concerns and their suggestions on how we can make our campus climate as good as it can be. Although the stories are confidential, the information that does get shared gets shared in a way that we can make recommendations with the relevant campus groups to improve services, add programs and do more training. It ends up making a big difference," declared Cooper.

The evening started off with a short presentation by Marcia Hernandez, Ph.D., assistant dean of College of the Pacific (COP) and associate professor in the Sociology Department within COP, along with the help of Danielle Procope '14.

Procope is an English and philosophy double major, and she is also pursuing minors in sociology and gender and ethnic studies. In addition, Procope is the president of Pacific's chapter of Delta Sigma Theta. "I'm really pleased with the turn out tonight," commented Procope.

her presentation, Hernandez talked to the audience about racial profiling and what it is. "[Racial profiling] is basically using a characteristic visible to the eye to justify differential

treatment," explained Hernandez.

Hernandez also cited One America's definition of racial profiling, "Racial profiling is the use of race, ethnicity, religion or national origin by law enforcement agents as a factor in deciding who to investigate, arrest or detain, except where these characteristics are part of a specific suspect description."

In her presentation, Hernandez also gave perspective sociological on racial profiling, and the different contexts of racial profiling.

RACIAL PROFILING

Inside This Issue

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Public Safety



Weekly Report Jan. 26 - Feb. 1

Disturbance

Towerview Apts. 01.26.14
Officers were dispatched to the
Towerview Apartments to check
on a report of a transient going
door to door asking for food. One
resident reported that he may
have attempted to gain entry.
Officers made contact with the
subject. After an interview and
his warrants check were cleared,
he was revoked from campus.

Vandalism

3418 Pacific Ave. 01.27.14 Officers received a call of a subject in an apartment complex destroying property. Officers arrived and placed the subject under arrest for vandalism.

Theft

Off Campus 01.27.14

An iPhone was stolen from a victim. The victim had some contact with the thief and made a report. Officers were able to locate the phone and return it to the owner.

Casualty

Central Campus 01.29.14 Officers responded to a medical call where a subject took too much medication. The subject was transported to St. Joseph's Hospital for treatment.

Maintenance Call

Athletics 01.29.14

Officers responded to a report of smoke and water damage. A HVAC unit broke down, expelling a large amount of water. The Stockton Fire Department responded and Physical Plant took over the clean up to schedule repairs.

Missing Person

Art Building 01.30.14
Officers received a report of
a visitor who suffered from
dementia and left the building.
Staff was concerned for her
safety. Officers were able to
locate her as she had summoned
a taxi and received a ride home.

DUI Arrest

900 W. Mendocino Ave. 02.01.14 Officers stopped a vehicle for a traffic offense and discovered the subject was under the influence. CHP responded to process the driver.

MLK Peace and Justice Awards Dinner

PEACE AND JUSTICE AWARDS CONTINUED FROM PAGE 1

and programs to educate students on the issues of social justice. Reyes has also interned at the CA Commissions on the Status of Women and Girls.

"Every issue can be a gender and multicultural issue: Everything from the class offerings, [to] the studies that people present to you, [to the] case studies - everything can be gendered," stated Sydnie Reyes.

"I know for myself, it is a simple matter of just telling people like 'Hey, that might be offensive,' or 'I don't appreciate when you say things like that,' and it's not to be confrontational, and it's not to start an argument. It's just, I think a lot of times, people are unaware of the impact that their words and actions can have, so I think promoting social justice is looking at things critically all the time," continued Sydnie Reyes.

Smith, a Stockton native, also received an award for her work as a Pacific student. Smith served as vice-chairman of the Mayor's Youth Advisory Commission, where she organized the Mayor's Teen Conferences. Smith has devoted years of service to the National Association for the Advancement of Colored People (NAACP), and she was the California-Hawaii state youth president. Smith is president of the NAACP Stockton Youth Council, and she has trained adolescents at conferences throughout the country.

Through her fellowship at People for the American Way, Smith devised her "blueprint for social change," which connects Freedom Fighters she met in Jordan and Egypt with young activists in America.

Along with Michael Tubbs, Smith co-founded Save Our Stockton-A Youth Movement for Change, which urges the Stockton City Council to establish a task force that will tackle issues that affect local youth. Smith currently interns at Congressman Jerry McNerney's Congressional Office.

Ogans, who received the staff award, serves as the staff co-chair of the Pacific Black History Month Committee, a position he has held for six years; he is also involved in the Black Alumni Pacific Club.

Ogan is responsible for bringing outstanding musicians, scholars, actors and activists to perform and/or speak at events for Pacific's Black History Month.

Hallet, an assistant professor at the Gladys L. Benerd School of Education, received the faculty award. Hallet served as the director of Creating Opportunities via Education; he was also the director of the SummerTIME College Knowledge Program at the Center for Higher Education Policy Analysis at the University of Southern California from 2007 to 2009.

Johnson received the alumni award, who was actively involved at Pacific during his studies here. Johnson was



Nicole Felkins

The MLK Plannning Committee posing for a photo.

involved with ASuop, Black Campus Ministries, Black Student Union, SUCCESS and served as a member on the Black History Month Committee. Johnson was Pacific's first African American Outreach Ambassador, pioneered and developed Students Emerging as Pacificans (STEPS), and was the president of California and Hawaii National Association for the Advancement of Colored People Youth & College Division.

Coleman, the band director at Cesar Chavez High School in the Stockton Unified School District, received an award for his work in the San Joaquin community. Coleman promotes musical education in the community, and he organizes musical performances for many community events, such as the Stockton Asparagus Festival, Chinese/Vietnamese New Year's Parade and Literacy Day.

After the recipients received their plaque, a representative from Congressman McNerney's office presented certificates of special congressional recognition to the recipients, and they each posed for another photo.

Lorena Campos '15, fundraising chair of the MLK Planning Committee, thanked the event's sponsors for their generous contributions and her fellow members on the committee for all their hard work and effort. Campos called up the sponsors to the event, such as Patrick Day, vice president for Student Life, to recognize the supporters of the event with a round of applause.

Day gave the final remarks; he commemorated MLK and the recipients. "Tonight was important - one because it was another opportunity for us to honor the legacy of Dr. Martin Luther King Jr. - but more specifically, it was an opportunity for us to honor this record of accomplishment of both current students as well as alumnae," explained

Day

"Everyone in our community can see how well, what it means to be a current student at Pacific and the involvement and the accomplishments of current students, but also to be able to see alumnae and what they continue to do in their community even after they graduate," commented Day.

Flores, Fields, Alex .Reyes, Rousseau and Whitson presented the closing performance while some audience members went up to congratulate and talk to the award recipients.

Bookmarks noting the recipients of the award were located at every seat. They showcased a quote by MLK that proclaimed, "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

"It is such a great opportunity in the context of honoring Dr. Martin Luther King Jr. to also be able to honor our own - the members of our own family," declared Day.

The event was organized by the MLK Planning Committee. Nominees were selected based on their demonstration of the following qualities: love, proactive, courage, inclusiveness, legacy and their ability to be a change agent.

February is Black History Month at Pacific, and many events will be held throughout the month. For example, the rapper Common, the keynote speaker for Pacific's Black History Month, will be coming to speak and perform at Stockton's Bob Hope Theatre on Feb. 8. at 7 p.m.

Tickets are \$15 at the DeRosa University Center and Pacific Cash is accepted. Tickets are \$30/\$40 for the general public, which are available online at http://go.pacific.edu/Common or at the Stockton Arena Box Office.

SoundImageSound 10: International Festival

Caitlin Proctor CONTENT EDITOR

SoundImageSound 10 International Festival of New Music and Visual Image, sponsored by the Conservatory of Music, took place between Jan. 30-31. A variety of events were hosted, such as "A Retrospective Look Back at the First 10 Years" on Thursday, Jan 30.

The events on Friday, Jan. 31 included the following: "Concert of Short Films from Japan, the United States and the United Kingdom,' "Linking Verses Without Intermedia," Words: 3D"Danceroom Spectroscopy -**Generating Coupled Graphics** Sound by Modelling Humans as Energy Fields."

The evening wrapped up with Friday's premiere performances of "United" and "Molecular Music."

Pacific's own Professor Robert Coburn, Ph.D., started this festival ten years ago. The festival showcases videos submitted from North America, Asia and Europe. The videos are all isolated endeavors that sync sound with visuals.

The first and last events and the evening presentations, showcased 14 pieces both here in Stockton, Calif. and in Reykjavik, Iceland. In addition to the international content of the festival, it had an international audience.

Some featured videos of the 100 submissions are as follows:

-"Lines" (2006)by Stephanie Loveless, linked on her website stephanieloveless. ca and described as follows: "Hand-processed Super-8 images and a piano phrase are stretched, repeated and abstracted by processes re-photography, rephonography, and digital manipulation.'

-"Mercurius," (2007) created by Bret Battey, is a senior lecturer on music, technology, and innovation at De Montfort University in Leicester, United Kingdom. Battey's film shows an otherworldly image disintegrating and

reemerging, while sounds resembling a rain stick and wind chimes playing in slow motion add to an incorporeal mood

-"Night Fishing with Cormorants" (2009) by Betsy Kopmar shows a white canvas with black and red brush strokes dancing to the sounds of a female singer.

-"United," (2013) produced by Jaroslaw Kapuscinski, shows unedited footage of a scene beyond an airport window to the sounds of a simulated orchestra played through eight-channel sound, meaning that all instrumental parts were recorded separately and fused together to highlight certain tones at various points of the tenminute film.

These intermedia artifacts can be found separately or together online.

The shorter films that were not showcased in the event were played in a different event, including the "Works from Tokyo University of the Arts," on Friday, Jan. 30 at 2 p.m. The event was titled



Caitlin Proctor

Installation featured in "Light is Like Water."

"Concert of Short Films from Japan, the United States, and the United Kingdom," and four pieces were shown in succession.

April Keane's "Sphering" featured a spherical figure reshaping like a flock of birds pulsing to an electronic beat, with a piano tune here and there. Jerod Sommerfield's piece, "White Shapes on a Black Canvas," featured retro-looking colored blocks flashing on a dark screen to the sounds of brass instruments. "Nuances for Vox Victimae" was created

by Petronio Bendito, an associate professor of visual communication design at Purdue University. Bendito's work plays out like a visual representation of an electronic keyboard, with many keys pressed at a given time, queuing color and sound to parade across the screen.

The final piece featured at this event was titled "Luci Across the Master." It was engineered by Michael

> SOUNDIMAGESOUND 10 CONTINUED ON PAGE 4

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Campus conversation on racial profiling

RACIAL PROFILING CONTINUED FROM PAGE 1

According to Hernandez, 75 percent of shoplifters are white, with most of them being white women in their 40 to 50s. Most of the money lost due to theft is accumulated by employees, not customers."

Along with those statistics, Hernandez showed audience a PowerPoint slide with the following idea: "I became a pro shoplifter once I realized that unassuming white women are invisible."

Racial profiling poses safety risks to people of color, creates strained community relationships, makes people feel unsafe and uncared and it perpetrates existing justifications for discrimination.

about "Think racial profiling as more than just having to do with policing. It involves really disproportional

stop, arrest and search rates," urged Hernandez.

After Hernandez' presentation, the audience was shown a four-minute video from What Would You Do?, a television program involving hidden cameras and usually an actor doing something illegal. The show focuses on whether or not bystanders intervene and how, with variations on the actor's gender, race and more.

The video showed a white male, colored male and a white female each trying to steal a bike. In the case of the white male and female, bystanders rarely intervened or even gave them a second

For the white female, some bystanders even offered to help her saw off the chain on the bike.

However, in the case of the colored male, people that passed by continually

questioned him, as well as called the police and took photos of his actions as evidence.

Following the video, there was a panel discussion with Hernandez, Pacific student Kaya Dantzler '15 and Mike Belcher, director of Public Safety at Pacific.

panel addressed The the definition and general understanding of racial profiling. "On campus, I think [racial profiling] happens, and law enforcement sometimes get caught in the middle of it,' commented Belcher.

The panel also discussed whether racial profiling is still a persistent issue today, how so, and what can be done to assist those who are impacted by racial profiling.

You see the topic of racial profiling coming up in the news all the time," Dantzler pointed out.

panelists the

emphasized the importance of speaking out about racial profiling. "If you feel like you're being unjustly treated for anything, not just law enforcement, don't be satisfied with that, and look for the individual that's higher up. Voice that complaint to spark change," advised Belcher.

The panelists discussed the importance of knowing the surrounding community and forming connections with those within the community whether it be a network of friends, peers, employers or faculty.

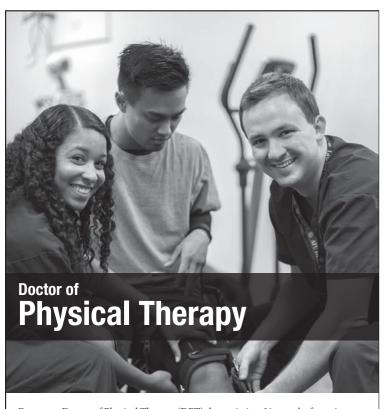
"The less strange-like we seem to one another, the harder it makes to do this type of profiling," explained Hernandez.

After the panel discussion, the audience split up into three main groups to address questions aimed at exploring the issue of racial profiling in Pacific, the community and the real world. There were notetakers and discussion facilitators in every group.

After their discussion, group members presented their ideas and suggestions to the general audience. "Quite often people assume [racial profiling is the result of that one person who we just can't control. As it turns out, actual racial prejudice against African-Americans is going down in this society because it's not socially acceptable. Implicit bias, or unconscious racism, is the bulk of the racial profiling," explained Hernandez.

The campus conversation concluded with information from Cooper about the Bias Response Team on campus, as well as other available resources to help students.

"Think about how you, personally, can help the situation with racial profiling," concluded Procope.



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Festival fuses music with the visual arts



A scene from "Epoh," a video by Adam Stansbie and Vishal Shah.

CONTINUED FROM PAGE 3

McNamara and portrayed something akin to a focused view of a night club with various colored light shows. All the pieces shared elements of color and sound - syncing simulated visuals and audio components.

The second part of the short film concert was exclusively composed of mini documentaries from Japan.

They differed from the first set in that they incorporated film as opposed to computermanipulations. generated Coburn spoke briefly after

the five films were presented, pointing out the Japanese tradition of sound, stillness and silence that each of the videos portrayed.

"Light is Like Water," constructed by Sakagami Hyeonhee and Goto Kanata, brought small segments of a larger silver installation to life by showcasing light reflecting off of the chrome finish to the soundtrack of bubbling water.

In a more whimsical piece, "Rough Sketch Project," created by Fukawa Daigo, Uemizutaru Chikara and Kasuya Am, made a feature of actors appearing to draw a line with their fingers.

They enchanted figures into becoming tangible objects, capable of being sat on or swaying in a breeze — in truth. the objects were statues that have a clever way of appearing to be sketches.

The audio track completed the illusion, for it was devoid of words, but full of wonder.

To wrap up this event, a piece called "Epoh" was played. Created by Adam Stansbie and Vishal Shah, this piece looked most similar to a Pixar-style short. A hot-air balloon that also seems to be an eye carries a seed high into space and drifts along to sound effects.

"Epoh" is not currently recognized as an English word, but urbandictionary. com defines it as, "A false meaning for hope; when you wish for something, then it doesn't come true.

Perhaps this gives insight to the anthropomorphized eye's desires, which came to an end when it appears to explode into a supernova. The fantastic video available in full on Vimeo.

OPINION

Funding for pre-K? Cola ad sparks controversy

Elizabeth Harman STAFF WRITER

In an effort to make sure no child is left behind, President Obama is calling for additional governmental funds to be allocated towards public preschools. The president contends that for every dollar spent on this venture, \$10 will return in reduced health care costs, welfare, as well as a reduction of crime.

Federally funded preschools have the support of multiple factions. The movement has been strong since the 1960s. Proponents

provide backing towards not just education, but in monitoring the health and livelihood of small children as well.

This money supplements households who care for their young ones - thus enabling parents or caretakers to spend more of their time working while avoiding the high of cost of childcare.

children are Homeless of particular concern in this venture, as are needy communities in general.

> PRE-K CONTINUED ON PAGE 6



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MEETINGS

(209)946-2195

Two children taking part in the Head Start program.

THE PACIFICAN



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Cloud Front

A screenshot from Coca-Cola's "America Is Beautiful" Super Bowl commerical.

Jamil Burns

During a less-than-thrilling Super Bowl, some people paid more attention to the commercials than to the game itself. Companies spent an upwards of \$4 million for the chance to grab America's attention for 30 seconds.

One ad in particular sparked more controversy than anyone could have expected. When Coca-Cola's 60-second "America is Beautiful" ad aired, social media became the battle ground for a heated debate. Specifically, Twitter's feed was blown up with users who were expressing outrage at the fact that "America the Beautiful" was sung in different languages.

Fox News' Todd Starnes, tweeted in response to the ad, "So, was Coca-Cola saying America is beautiful because new immigrants don't learn to speak English?"

Coca-Cola stated that "the only thing more beautiful than this country are the people who live here." Yet, such negativity was displayed toward Coca-Cola that many called this statement into question. What is beautiful about the fear and outrage shown in response to such a harmless ad?

The truly beautiful thing about this country is that it contains so many different cultures. American culture is not, and never has been, just one culture - it's a melting pot of people and traditions that cannot be confined to one definition.

This entire country is made up of immigrants. To deny the many cultures that live within our borders is to deny what makes America the country that it is today.

This is a country of opportunity for all, and Coca-Cola seems to be the only one to recognize this. Katie Bayne, president of North America Brands, Coca-Cola North

America stated, "With 'It's Beautiful,' we are simply showing that America is beautiful, and Coke is for everyone." Many are calling Coca-Cola's ad unpatriotic and un-American, but the reality is that being an American comes in many different colors, creeds and, yes, languages.

It might be understandable if we assume that those in outrage over this commercial are less interested in getting everyone in the country to speak English and more interested in preserving the integrity of the song "America the Beautiful." However, this assumption is hard to stick to.

One Twitter user posted, "I respect the hell out of your idea, but do not sing 'God Bless America' in anything but English." Reading such posts make it hard to believe that these people are out to preserve the song - some people don't even know what the song is

This forces me to believe that most people who responded negatively to the Coca-Cola ad are, in fact, aimed at fulfilling the notion that all Americans should speak English. To this, the only reasonable response is to ask these people what the national language of the United States is.

When they can't give an answer, it is because America doesn't have a national language, so I might urge them to reconsider their quarrel with Coca-Cola.

This whole fiasco is evidence that the media is becoming entirely too sensitive. We live in a country where Coca-Cola, probably one of the most recognizable brands in the world, is shunned for trying to sell a product. But, for what? For saying America is beautiful?

With all the social progress happening today in 2014, one cannot help but be taken aback by all the negative responses to such a beautiful message about this amazing country we live in.

PUBLICATIONS WITH PURPOSI

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How do you protect yourself during the cold and flu season?

"Get your shots, wash your hands, stay away from people who are coughing and wear warm clothes. End of

@Thuyden Do C.O. 2016

"Getting lots of sleep and staying hydrated.'

@Gwen Alldredge, C.O. 2015

"I make sure to consume a lot of vitamin C, and I live in

@Mike Eklund, C.O. 2014

"I make sure to drink lots of water and get lots of sleep.

@Amanda Heyn, Č.O. 2015

"I try to wash my hands more often and eat more fruits to stay healthy.

@Dorothy Do,

"I take a lot of Vitamin C and other antioxidants to protect against random viruses.'

@Scott Carter,

"Wash my hands frequently, use hand sanitizer, get my flu shot, and stay away from sick

@Alex Pham, C.O. 2015

"Eat fruit and stay hydrated, just be as healthy as you possibly you can.

@Justin Irvin,



Gov't considers public preschools

PRE-K CONTINUED FROM PAGE 5

According to the Department of Education, the current grants range from \$3,000 to \$460,000 per year, and some are also targeted towards Native Americans until the age of 7.

Since the 1990s, states with households that have an income under 85 percent of the state median receive vouchers for these services.

Some believe these efforts are too expensive, and they point to mismanagement and poor care. Critics claim that, statistically, there has been an increase in crime, poverty and starvation.

After tests were conducted to examine the improvement in test scores and capabilities in the Head Start program, modest differences were found that could not prove to be lasting. They were spending over \$7,000 per child a year on testing.

After \$100 billion has been spent for these services, President Obama has proposed a complete re-haul and a brand new federal program to be established in 2009.

With an increase of \$10 billion since the president took office, this \$350 billion will come from luxury taxes levied on smokers, not on taxpavers.

With this extra money, California will be able to serve at least 200,000 more children. Analysts at Early Edge California estimate that over 50 percent of eligible children are not being served at this point. "Any dent we can make in this would be huge," explained a child care worker.

Death of Philip Seymour Hoffman a tragic reality

Ruben Dominguez EDITOR-IN-CHIEF

With 2014 still in its elementary stage, the world of performing arts was shaken to its core with the tragic loss of a truly incredible actor.

Just hours before Super Bowl Sunday shifted its focus to the live televised decapitation of the Denver Broncos by the Seattle Seahawks, the headlines were dominated with the breaking news of Philip Seymour Hoffman's passing.

The 46-year-old Academy Awardwinning actor was found dead in his West Village, Manhattan office apartment on Sunday, Feb. 2.

Officers found him with a needle in his arm and a large amount of heroin and prescription medications in the apartment. Hoffman's cause of death has yet to be confirmed.

Hoffman was one of the most acclaimed American actors of all-time. From his earlier roles in "Boogie Nights," Big Lebowski" and "Almost Famous" to his magnum opus as Truman Capote in "Capote" (which earned virtually every award in the performing arts) and his later appearances in "Charlie Wilson's War," "The Boat That Rocked" (a top-five and "Moneyball," favorite) Hoffman received universal praise as a performer and as a man.

Like any good actor, Hoffman often returned to the theater, appearing in many productions from 1995 to the

end of his life.

Though tragic, the cause of Hoffman's death is not inexplicable. In a 2006 interview with "60 Minutes," Hoffman revealed an addiction to drugs and alcohol that forced him to check himself into rehab shortly after graduating from New York University in 1989. Over 20 years later, Hoffman relapsed, entering rehab for ten days in May 2010.

A man famed film critic Roger Ebert wished to have portray him on the big screen, Philip Seymour Hoffman touched many people in the performing arts community, as well as all of those who were lucky enough to glimpse one of Hoffman's absolutely stellar performances.

Hoffman leaves behind his three young children, whom he had with his partner, Mimi O'Donnell.



Hoffman (above) in 2005 after receiving the Academy Award for best actor for his role as Truman Capote in "Capote."

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Black vs Orange

Topic of the week:

Edward Snowden

PRC

Jamil Burns
OPINION EDITOR

Some are calling him a world hero, but others are calling him the most wanted man in America. In the wake of one of the most significant leaks of government information, Edward Snowden is seen as both a threat and a savior to national security.

The U.S. government has denied Snowden clemency for charges filed against him, but some officials from around the world see things a bit differently. Brazilian Senator Vanessa Grazziotin has nominated Edward Snowden for the Nobel Peace Prize for his efforts to expose secret mass surveillance projects by the National Security Administration (NSA).

In 2013, during his work with both the NSA and the Central Intelligence Agency (CIA), Snowden was exposed to mass surveillance efforts by the NSA. Snowden learned of the the PRISM data mining program and perceived the injustice of the U.S. government spying on its own citizens' phone calls and internet activity.

"I don't want to live in a society that does these sort of things...I do not want to live in a world where everything I do and say is recorded. That is not something I am willing to support or live under," proclaimed Snowden.

So, while he was working for the NSA in Oahu, Hawaii, Snowden decided to make the NSA's surveillance efforts known to the public. Snowden began copying secret documents that outlined the details of such mass electronic surveillance

programs. Then, Snowden traveled to Hong Kong where he would eventually leak the secret documents to The Guardian and The Washington Post. In effect, Snowden became labeled as a national terrorist by some.

Yet, it is important to see that Snowden's intentions were to provide the public with more transparency on behalf of what the U.S. government is doing - especially to their own citizens.

Snowden believed that such surveillance did not fall under the Patriot Act. Snowden was right, and this led to the conclusion that the PRISM program was illegal.

Snowden is currently seeking asylum in different countries. Venezuela has reportedly granted him asylum, and on top of that, Snowden has received four different nominations for the 2014 Nobel Peace Prize.

Many argue for the merit of Edward Snowden, but the reality is that his actions led to the public debate about national security and internet privacy, a feat which Snowden aimed for from the beginning.

So, while the U.S. government wants to treat him as a terrorist and a criminal, parts of the world see his bold statement as necessary for the public good.

Two Norwegian officials have stated that his actions contributed to "transparency and global stability." In the end, Snowden cannot be to blame; he simply blew the whistle on something that was already happening. The public will have to decide whether to treat him as a peacemaker or a threat.

Nanxi Tang NEWS EDITOR

Let's start with the basics. Edward Snowden broke the law - all while exposing and revealing secrets that he had sworn to protect. Snowden even fled to China with computers full of classified, sensitive and potentially harmful data.

According to journalist Glenn Greenwald, who gained notoriety for publishing this scandal first, Snowden stole information that contained "basically the instruction manual for how the NSA (National Security Agency) is built...[To prove] what he was saying was true, he had to take...very sensitive, detailed blueprints of how the NSA does what they do."

People are trying to justify his actions by arguing that although he might have broken the law, it's okay because the conversations and discussions revolving around privacy and security that his NSA leak has created will be beneficial to society in the long run.

However, the truth is that Snowden's leak is going to cost the NSA potentially billions in taxpayer money as they rework and revise their surveillance procedures. Think about the amount of hours that government workers are currently, and will be, working in response to and as a result of the leak.

Whether or not the NSA has been crossing the line, breaking the law to reveal confidential and potentially detrimental information to America's national security was not Snowden's call to make.

Another thing to consider is that Snowden escaped to China and then fled to Russia. Both countries conduct counterintelligence against the United States.

If you are willing to believe that those countries, who knew Snowden was a man with evidence and a detailed knowledge of America's most classified and sensitive information, would simply let him seek refuge in their country without taking a peek at his classified documents, then you better think again.

Snowden has not only been revealing what kind of information and surveillance the NSA has, but also the tactics and techniques the administration uses to conduct its surveillance. For criminals involved in illegal activity, understanding how to avoid detection blatantly provides them with an upper hand.

Although I do believe that there should be a clear distinction between personal liberty and security, people need to realize that the NSA only has our best interests in mind.

Nobody complains when these "mass surveillance projects" successfully thwart attempted terrorist attacks from occurring. And for the majority of the population, this means that the NSA has no interest in your phone conversations or your emails.

The NSA likely does not care that you might be lying to your mother about where you are, or what you had for dinner. The purpose of the NSA's surveillance is to keep Americans safe from potential harm and threats. If you are innocent, you have nothing to fear.



SPRING EVENTS

An Evening with Common

Saturday, February 8 • 7 pm Bob Hope Theatre

Pacific Arts
LECTURES











Krzys

Kaminsky

Shepard

Rankine

Carrington

Love Your Body Week Amber Krzys

"From Body Hater to Body Celebrator"

Tuesday, February 11 • 7 pm
DeRosa University Center Ballroom

Ryan Parker

Art educator, textile designer and printer

Thursday, February 13 2–6 pm workshop 7:30–8:30 pm lecture

Friday, February 14 10 am – 2 pm workshop Jeannette Powell Art Center

Joel Kaminsky

Professor at Smith College "Does God Play Favorites? Chosenness in the Bible"

Wednesday, February 19 • 7 pm DeRosa University Center Ballroom

"God Has Brought Me Laughter: Humor in the Bible"

Friday, February 21 • 7:30 pm *Temple Israel*

LGBTQIA Conference

Judy Shepard

Keynote: LGBT rights activist and Executive Director of Matthew Shepard Foundation

Saturday, February 22 • 9 am DeRosa University Center Ballroom

Black History Month

Claudia Rankine

Poet and Playwright

Thursday, February 27 • 7 pm Wendell Phillips Center, Rm. 140

Asian Pacific Islander Month

Eugene Gloria

Poet

Thursday, March 27 • 7 pm Wendell Phillips Center, Rm. 140

Brubeck Festival

Terri Lyne Carrington

GRAMMY–nominated drummer, producer and vocalist

Saturday, March 29 • 8 pm Faye Spanos Concert Hall

UNIVERSITY OF THE PACIFIC

Calendar.Pacific.edu

LIFESTYLES

Hey Tigers, get involved with clubs and organizations on and off campus!

Caitlin Proctor

There are many ways to get involved on campus outside of your classes. ASuop's website, at http://pacific. orgsync.com/org/asuop, has a list of 223 clubs and organizations that are offered at our university.

For many students, getting involved with something outside of the classroom and residence hall improves their happiness and satisfaction on campus. With 223 options, it is likely you will find something that piques your interest! This article cannot go too in-depth concerning all the campus activities, so please check out ASuop's website to learn more.

Pacific offers the following types of clubs and organizations: academic, cultural, developmental, faithbased, Greek life, honorary, media, multicultural, nonprofit, performing, political, professional, recreational. service-based, special interest, student governance, university and more. The following are brief descriptions of a variety of clubs and organizations on campus, but there are many, many more you can learn about online:

The Writer's Club (We Write) is welcoming of all new writers and encourages them to attend a meeting, held on Fridays at 6:30 p.m. outside The Lair. Members of the club submit, share and peer review various forms of written media, and it is designed to be a pseudowriter's workshop.

Management and Human Resources Student Association aids interested students in becoming actively involved in an array of experiences, such as student event planning, professional

networking and expanding knowledge of management and human resources. -Association for Computing Machinery (Pacific ACM): The world's largest professional group for educational and scientific advancement for computer scientists. This chapter holds monthly network games and annually attends the Game Developers Conference in San Francisco. Ryan Nish is the president of this organization. There are no prerequisites for membership; the club's sole request is that members "be excellent to each other."

Pacificans Against Drunk Driving is a subset of The Entertainment Industry's Voice for Road Safety (strangely abbreviated RADD) and devotes itself to reducing deaths and injuries caused by drunk driving accidents.

Greek life is huge on Pacific's campus. The university has six social fraternities and seven social sororities, who are either governed by the Multicultural Greek Council, the Interfraternity Council or the Panhellenic Association.

The Interfaith Council's mission statement is "to foster interaction and understanding between the diverse faith groups on campus and to create a home at Pacific for people of faith and people of non-faith." All are welcome to attend.

The Pacifican is the fabulous club that puts out the weekly campus newspaper, The Pacifican, Our Thursday meetings, where you can pick up or pitch a story, are at noon in the Smith Lounge of Grace Covell Hall. New members are enthusiastically welcomed!

Photography beginning and experienced photographers to share their pictures in a friendly environment. Look up their Facebook page for updates and great photos!

Pride Alliance is a club that promotes LGBTQIA awareness and support. According to their Facebook page, meetings are Tuesdays at 8 p.m. in the Multicultural Center. Attend to show vour support!

Hope Street is an outreach program that gifts \$10 backpacks with school supplies to elementary school students in need. The backpacks also include a handwritten note to inspire and encourage the child.

The Origami Club donates their handfolded creations to local hospitals. Club dues are \$2, and members must have a GPA of 2.25 or higher.

Shadow Cast is a performance group on campus that puts on the Rocky Horror Picture Show annually. year, the performance is on Friday, Feb. 10. Doors open to the DeRosa University Center Ballroom at 11 p.m. for pre-show shenanigans, and the show will start at midnight. Costumes and heckling are encouraged!

Our recreational clubs are numerous and varied. We have an Anime Club, Archery Club, Flag Football Club, Magic: The Gathering, Pacific Quidditch and the Longboard Club, to name a few. This is the university's widest selection of offerings, so chances are there is something you will think is fun!

Our second largest categorization of on-campus clubs and organizations is the special interest section. Pacific has the American Society of Mechanical Engineers Robotics Club, Dumbledore's Army, Cosmo Club: Cosplay Infinite, Juggling Club and the Robb Garden Club for those of you with green thumbs.

Campus events are hosted and often partially funded by ASuop — the Associated Students at the University of the Pacific. They offer many way to participate and have a say in what your school does for you. Drop by their office in the McCaffrey Center to learn more.

Upcoming Student Events

Thursday, 2/6

Art Exhibit "Upon Closer

9 A.M. AT REYNOLDS GAL-LERY

Performance by the Conservatory's piano students

NOON AT THE DEROSA UNI-VERSITY CENTER

Lunch behind The Lair: Chat with the Chaplains NOON AT THE DEROSA UNI-NOON AT THE DE VERSITY CENTER

Music management Lecture with Bill Belmont 3 P.M. AT THE REGENTS DINING ROOM

Take 5 Jazz at the Brew 7 P.M. AT THE VALLEY BREWING COMPANY

Brickvard Series: Lost in Atlantis & Fianl Last Words

9 P.M. AT THE LAIR

Friday, 2/7 Art Exhibit "Upon Closer

Inspection" 9 A.M. AT REYNOLDS GAL-LERY

Pacific Photography Club Meetings 5 P.M. AT THE DEROSA UNI-

VERSITY CENTER

Saturday, 2/8

Black History Month: Performance and lecture by Grammy award-winning hip hop artist Common 7 P.M. AT THE BOB HOPE

THEATRE

University Symphony Orches-

7:30 P.M. AT FAYE SPANOS CONCERT HALL

Sunday, 2/9

Student Recital Series - Ashleigh Wu, piano

5-10 P.M. AT THE RECITAL HALL

Student Recital Series - Jerwin Monje, flute 5-10 P.M. AT THE RECITAL HALL

Movies This

Thursday, 2/6 "Elysium"

Friday, 2/7 "Elysium"

Saturday, 2/8 "Elysium"

The top Super Bowl commercials from this year's big game!

Jamieson Cox PUBLISHER

Like most of the country, when the Super Bowl comes around, the team you actually care about fell short yet again.

However, I have grown to love the Super Bowl for something else: the commercials.

It seems as though the hype for the commercials is beginning to compete with the actual game, especially if your hometown team didn't make the cut.

With a price of \$4 million for a 30-second spot, financially, it is a big commitment for any

company, so the hype and efforts to make a mark are high. Here is a brief review on this year's commercials as follows:

The Winners:

"Aww" Award: Budweiser's "Puppy Love"

First off, who doesn't love puppies? Secondly, pairing it with a horse and making them best friends is enough to make anyone want to be holding a puppy at that moment.

-Tear-Jerker Award: Chevy's "Life"

From the woman in the passenger seat to the surroundings of the car and the voice of Ane Brun serenading, the commercial was beautiful. Cancer has affected everyone in one way or another.

Award: Radio -Ha-Ha Shack's "The Phone Call"

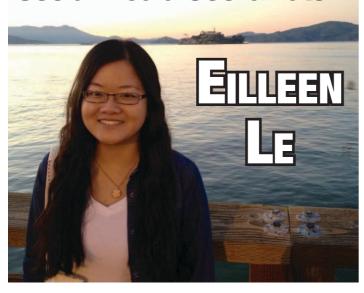
While I cannot remember the last time I shopped at Radio Shack, the commercial at least reminded us all that they are still in business, but I'm not sure it will save the company or get people rushing inside to buy electronics (not to mention that they've owned up to their problems and are currently trying to fix them).

-Good Product Award: Hyundai's "Dad's Sense"

While many commercials get your attention, make you say "aww," or provide a warm feeling, this was one of the only commercials that made one think, "I need that." The great lead up to the car automatically saving the father and child from wrecking was a fantastic way to relate anyone to the situation, while also denoting a new need in the future for

SUPER BOWL COMMERCIALS

Congratulations to our new Social Media Coordinatori



nich Super Bowl ads were best?

SUPER BOWL COMMERCIALS CONTINUED FROM PAGE 9

the product design that is not yet a standard in the industry. The Losers:

-Over-Hype Award: Bud Light's "Epic Night"

With too many commercials leading up to the actual commercial, this gave viewers too much time to expect something amazing; it seemed that nearly everyone was disappointed. The final commercial may have been good, but it was just not as eye-catching as everyone was expecting considering all of the hype.

-Short-of-Sexy Award: Soda Stream's "Sorry Coke and Pepsi"

While the product does make sense, for one reason or another, it does not seem to be catching on, or actually hurting the soda giants. Especially having someone like Scarlett Johansson, it seemed as though her "sexiness" was underutilized.

Volkswagen's "Wings"
Theider for

The idea of the ad was clever and could be labeled as cute. However, it unfortunately fell short of the "Darth Vader" ad that Volkswagen will forever try to top.

other honorable Some

mentions include Coca-Cola's "America Beautiful" the commercial, which had people from all over the world singing "America the Beautiful" in multiple languages. Axe's "Make Love Not War" also had a great message; however, it was a bit unrelated to the product.

Microsoft also stepped with the "Empowering" of that shows inspiring commercial that showcased all the great things technology computers have accomplished.

There were multiple commercials that helped push social issues, as well as many packed with celebrities, as always.

Shelden Balatico:

An eye for the exotic

Danica Torchin STAFF WRITER

American mainstream fashion is consistently calculated, and in some ways, very predictable. It is nice to see a risk taker, such as Shelden Balatico '15, on Pacific's campus to pump some much-needed flavor into the mix of this university. Using the effervescent drag world as inspiration for his style, Balatico describes his style as more European haute couture. Taking notes from the runways of Paris and an infused Mediterranean-Spanish influence, Balatico is over-the-top in the best of ways. As a theater major, it is easy to see the confidence Balatico displays through his style. Whether he is wearing an earlace (an earring-necklace), leather boots or some patterned harem pants, Balatico is constantly making a statement. Balatico's drag name, Marsha Monroe, comes from one of his icons, Marilyn Monroe; however, other style icons include drag extraordinaire Willam Belli, choreographer Casper



Smart and soccer superstar Cristiano Ronaldo. If it were up to Balatico, his closet would be filled with items from Topshop, Emporio Armani and Marco Marco. Balatico advises aspiring fashionistas to shop exotic and find hole-in-the-wall boutiques for those signature pieces. Take that advice and you will be well on your way to a more fashion-forward ensemble.

CHECK IT OUT: (Online Edition) Men: Harem Pants: Koto Sendai Printed Jogger Pants @ Urban Outfitters. Leather Boots: H by Hudson Lambert Boot @ Urban Outfitters. Women: Harem Pants: Staring At Stars Cropped Knit Harem Pants @ Urban Outfitters. Leather Boots: Kimchi Blue Tatum Lace-Up Boot @ Urban Outfitters.



JENNIFER KO:

Cute and stylish







some inspiration for my articles, I sat on the DeRosa University Center (UC) walkway and proceeded to eye the trickling number of students making their way to lunch. That fateful day, I met Jennifer Ko '17, who was walking out of the UC, probably on her way to a time-consuming pre-pharmacy class. Ko was everything I was hoping to find that day, for her wardrobe was casually and effortlessly into spring. Ko is the perfect combination of simplicity sophistication; her preppy look allows for the most essential accessories, scarves. watches and small rings. Ko is coordinated and rational - taking most of her inspiration from the weathers' cues. As of now, she is inspired by Rachel Bilson and the bohemian-chic Vanessa

Danica Torchin Hudgens; however, Ko credits Sandra Bullock

as an aspiration for her style on the future. With a chic yet comfortable style, Ko advises high socks, a comfy skirt, boots and a warm cardigan as some must-haves for the upcoming warmer weather. In her personal dream closet, Ko would stock up on watches and designer boots. Ko's understated, minimalist style gives me a reason to look forward to the fashion on our campus.

CHECK IT OUT: (Online Edition) Men: Watch: Timex for J.Crew Andros Watch @ J.Crew. Cardigan: Cotton Cardigan @ J.Crew. Women: Skirt: Fluted Skirt in Double Crepe @ J.Crew. Cardigan: Jackie Cardigan @ J.Crew.

Elysium hits Pacific

Drew JonesSPORTS EDITOR

Matt Damon stars as Max Da Costa in 2013's hit movie "Elysium." Da Costa is a factory worker and parolee in Los Angeles in the year 2154. At this time, there are two classes of people: the poor, who live on earth, and the rich, who live on a station in outer space called Elysium.

Da Costa works for Armadyne which manufactures the robots that patrol on earth. One day at the factory, Da Costa was exposed to a fatal amount of radiation giving him only five days left to live.

Elysium, every home is

supplied with a Med-Bay 3000, a machine similar to an MRI scanner, which cures every disease and ailment known to man.

Da Costa knows he needs to get to a Med-Bay 3000 in Elysium in order to stay alive. Spider, a local smuggler, agrees to help Da Costa get to Elysium if he helps him attain valuable information from the CEO of Armadyne.

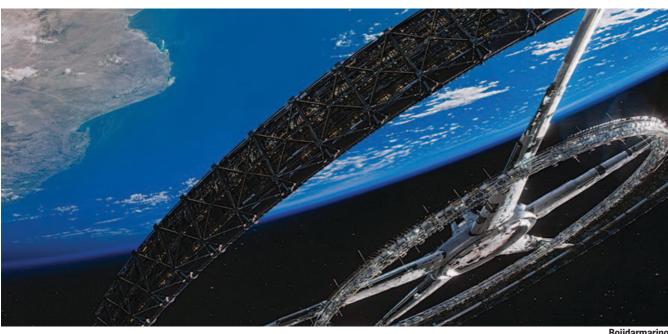
Spider has his doctors implant Da Costa with a powered exoskeleton due to his rapidly deteriorating health as well as a brain implant to store the data they are looking to

Da Costa becomes a fugitive and goes on a hero's journey - looking to save his own life and improve the quality of the life of his peers on earth.

This action-packed film also stars Jodie Foster as Elysium's secretary of defense. Foster's character is devoted to protecting Elysium against illegal immigrants from Earth; she later attempts to override the system and name herself president of Elysium.

"Elysium" has great special effects, resulting in an an awesome theater experience.

This captivating film is definitely must-see. "Elysium" will be featured in the Janet Leigh Theatre on Thursday, Feb. 6, Friday, Feb. 7 and Saturday, Feb. 8 at 8 p.m.



The world of Elysium looking down at Earth.

Bojidarmarinov



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Friday, 2/7:

Jazz Jam @ Whirlow's - Free event! Live Music @ Mile Wine Company - Free event!

Saturday, 2/8: An Evening with Common @ Bob Hope Theatre Student discount Point of View Concert @ The Bus Stop Wine & Chocolate Weekend @ Various locations in Lodi

Sunday, 2/9: Bring Back the Music Night: A Celebration of Musical Theatre @ Stockton Civic Theatre Wine & Chocolate Weekend @ Various locations in Lodi

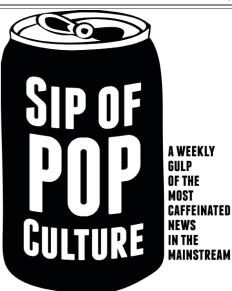
If you're a fan of crab feeds, check our calendar!

There are also tons of great jazz/live music sessions, farmers' markets, and flea markets throughout the city!





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The best of Super Bowl halftime shows!

Jamieson Cox PUBLISHER

As the Super Bowl came and went for another time around, one major point that is always heavily discussed long afterwards is the halftime show that year. While Bruno Mars and the Red Hot Chili Peppers were entertaining, the impact of the talented group may not be as lasting as many were in the past.

On a personal note, I certainly saw more posts about Beyoncé's performance last year than I did about this year's show. While Beyoncé was great, there are tons of performances in the past that some may not have seen.

Many of the older halftime shows top the lists across the board. Billboard. com put together their list of the top 10 performances of all time, and any list putting Michael Jackson at the tenth spot proves that more than one person has delivered lasting performances.

This list included Michael Jackson (1993), Aerosmith (2001), N'Sync (2001), Britney Spears (2001) and Paul McCartney (2005). Janet Jackson and Justin Timberlake (2004) also made the list, for who can forget the most viewed "nip slip" of all time. The Rolling Stones (2006), Beyoncé (2013), Bruce Springsteen and the E Street Band (2009), Madonna (2012) and U2 (2002) closed out the list leaving the top spot to Prince (2007).

As technology advances, artists tend to go bigger each year. Madonna topped the list in that category with her theatrical performance and the finale of "Like a Prayer," proving her long-lasting musical impact on the industry (not to mention the fact that Madonna was 52 during her performance and danced around the stage in heels with only one small misstep).

Others go less on the visuals and more on the dancing, as Beyoncé did with the return of her Destiny's Child group, with the former group mates performing the "Single Ladies" dance simultaneously. After reviewing the list, Prince undoubtedly earns the top spot, for he was ahead of his time in his 2007 performance, with rain and lightning adding to the spectacle for one of his all-time greatest singles: "Purple Rain." If you have not seen all the past performances, check out Billboard. com, and let us know your thoughts on the all-time best halftime shows.

How Tigers can stay sick-free this cold and flu season

Nicole Felkins

As each winter rolls by, it is important to take certain precautions to prevent yourself (and, therefore, others) from becoming sick. If you happen to catch something, there are also remedies that research has shown to alleviate your sickness. ABC News reported that on average, adults catch a cold three times a year, which can each last up to two weeks.

So, students definitely need to take preventive measures to avoid getting sick. Read on to learn some tips and tricks for preventing and beating the cold and flu this new year.

- 1. Exercise. Those who worked out at least five days a week, according to an Appalachian State University study mentioned on ABC News' website, spent 43 percent fewer days with upper-respiratory infections. Besides, considering all the physical and psychological benefits of exercising, you should already be sold on the idea of working out on a regular basis! Exercising circulates the immune cells in your body because working up a sweat boosts your blood flow.
- 2. Eat probiotics and garlic. Take food or supplements that contain Lactobacillus because it can reduce the risk of contracting respiratory and gastrointestinal infections, informed Mike Gleeson, Ph.D., professor of exercise biochemistry at Loughborough University, to ABC News. A meta-analysis of 10 studies concluded that people who ate probiotics were 42 percent less likely to get a cold. Allicin, found in crushed garlic, helps fight viruses (or you can take a supplement). Of course, getting your annual flu shot is essential in preventing your body from contracting what the CDC believes is the

most prevalent flu virus that year

- 3. Sleep is your friend. Your immune system needs to charge its batteries, so it can fight off harmful agents. The only way that can happen is if you meet the recommended hours of sleep each night, which is eight. It is important to go to bed and wake up at the same time each night, so you establish a regular sleep schedule, and your body will also get tired around the same time each night. According to one study at Carnegie Mellon University mentioned on ABC News' website, people who slept less than seven hours a night were three times more likely to get a cold than those who got eight or more hours of shut-eye.
- 4. Wash your hands thoroughly. The Centers for Disease Control and Prevention (CDC) recommends scrubbing your hands for at least 20 seconds after lathering them with soap (hum or sing the "Happy Birthday" song twice). Be sure to keep the water off, so you don't waste any of it. Clean the backs of your hands, between your fingers and under your nails. The CDC advises that you wash your hands before you eat; before, during and after you prepare food; after going to the restroom; before and after caring for a sick person; after you blow your nose, cough or sneeze; after touching an animal or garbage; and before and after treating a wound or cut. Dry your hands with a clean towel. Remember, hand sanitizers don't kill all types of germs, and they are not nearly as effective as washing your hands with water and soap.
- 5. Meditate. Although monks meditate in monasteries in hopes of achieving nirvana, us regular folk can also enjoy the benefits of meditation in our lives. Meditation can not only clear your mind and improve your concentration, but it can also help you ward off a cold by preventing the physical effects

of stress that, ABC News notes, weaken the immune system. If you want to meditate outside with other students, attend a Midweek Meditation on campus. It is offered on the DeRosa University Center Lawn every Wednesday from 12:10 p.m. to 12:30 p.m.

- 6. Cover your cough or sneeze. Illnesses like the flu are spread through droplets that are released the moment an infected person sneezes or coughs, which the CDC informs can travel through the air into the mouths and noses of people nearby. The infected droplets can live on surfaces, such as doorknobs and tables, for over two hours. You can contract a respiratory illness by touching your mouth, nose or eye after touching an infected surface. Do not cough or sneeze into your hand or in the air; instead, cough and sneeze into your arm. According to Dr. Oz, the particles from a sneeze can travel over ten feet, so be sure to cover your cough or sneeze. Wash your hands after you sneeze or cough. Also, throw away used tissues, and do not share your food and drink with others.
- 7. Stay hydrated and take vitamin C. If you're dehydrated, your mucous membranes and the immune cells in their secretions cannot function as efficiently, explained Dr. Jamey Wallace, chief medical officer at Bastyr Center for Natural Health in Seattle, to ABC News. In a review of various studies, Dr. Richard Nahas, assistant professor of family medicine at the University of Ottawa, reported to ABC News that a gram a day of Vitamin C can shorten a person's cold by up to two days.

Keep these tips in mind as you pull through these winter months, and hopefully, you won't catch anything. However, if you do get sick, you definitely want to be mindful of these tips, so you can be a conscientious sick person. That way, you can help prevent others from getting sick.

Sudoku Challenge!

Win a FREE \$15 GIFT CARD if you are the first person or a FREE \$5 GIFT CARD if you are second or third to complete the sudoku challenge on campus! Take a picture of your solved puzzle and tag The Pacifican on one of our social media sites.

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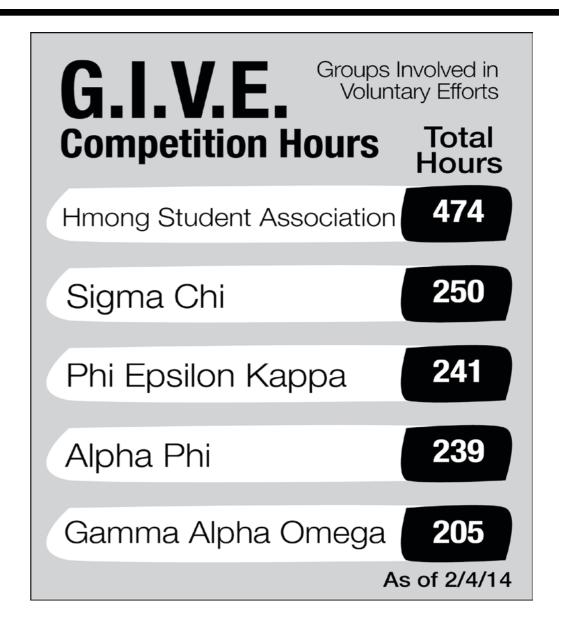


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SPORTS

Men's tennis takes down the Warriors

Jamieson Cox

Over the weekend, men's tennis took to the home courts for the second time this season.

Taking on the Rainbow Warriors of Hawaii, the Tigers jumped ahead taking the doubles point with wins at first and second doubles.

After clinching the doubles point, the Tigers came out with momentum and never let up. Daniel Alameh '16, from Australia, was the first to take a singles point, winning 6-2, 6-1 against Hawaii's Danilo Casanova.

The Tigers took the first sets in four of the six singles matches, but they came up just short at the first and third spots. As the matches progressed forward, the Warriors made a late push - taking four of the matches to three sets.

Ben Mirkin '15, an Illinois native, made a roaring comeback after falling in the first set and clinched the match for the Tigers, beating David Schuster 2-6, 6-2 and 6-2 at the fifth singles posi-

Other Tigers that gained victories include Miguel Diaz '17 and Erik Cederwall '15. The win puts the men's tennis team at 2-1 on the season.

Both tennis teams are also currently hosting their 2nd Annual 'Tigers 4 Toes" shoe drive through Soles-4-Souls where they are collecting any type of unwanted, new or used shoes for disaster relief.

For the remainder of the season they will be collecting shoes at multiple bins around campus including the DUC and Baun Fitness Center.

This weekend, both the men's and women's teams will be heading back into action for a series of away duals. The women's team will head to Las Vegas to take on UC Riverside, UNLV, and New Mexico State. They will return home Mar. 9th to take on Youngstown State.

The men's team will head to New Mexico, looking to get revenge against the Lobos. New Mexico ended the Tigers' win streak at home last season, as well as in the dual against Oregon.

The men's tennis team will return to the home courts on Saturday, Feb. 22 to take on San Diego State - head coach Ryan Redondo's alma mater.



Jamieson Cox



Pacific huddling after a foul is called to decide on a game plan for the remainder of the half.

Tigers topple Toreros, but are mauled by Cougars

Drew Jones SPORTS EDITOR

Women's basketball split their two home match ups against the San Diego Toreros and the BYU Cougars last week. The Tigers made a comeback to defeat San Diego on Thursday, Jan. 30, but they could not prevail against BYU on Saturday, Feb. 1.

Pacific came off a two-game win streak heading into Thursday's game against the Toreros. Guard Kiki Moore '14 and forward Kendall Kenyon '15 led the Tigers once again, both tallying double-doubles.

Moore added her second doubledouble for the season, while Kenyon recorded her thirteenth.

The Tigers came out firing, with the starters taking the court and leading the way. The lead jumped back and forth between Pacific and San Diego throughout the first half, but the Toreros broke free with less than 10 minutes to

Guard Hailie Eackles '16 made a three-pointer to tie the game at 23, but San Diego took matters into their own hands by putting up a generous offense.

With four minutes left in the first half, the Tigers had fallen behind by more than 10 points.

Pacific battled back in the last few minutes with a three-point jump shot from Moore - followed by several free throws to close the gap before the halftime buzzer. San Diego led at the

In the onset of the second half, the Tigers came out looking to offset the Toreros and gain back the lead. With 14 minutes left in the game, guard Madison Parrish '15 made two free throws to even the score at 51.

Forwards Erin Butler '16 and Marjorie Heard '15 followed up with a three-pointer and lay up to quickly add to Pacific's lead.

San Diego crept up and closed the gap - finally tying the game at 63 with nearly eight minutes to go. The tug of war began as the clock was ticking down, and the two teams continued to battle for the lead.

Pacific finally broke free with less than three minutes left, putting away the Toreros for good. The buzzer went off, and the Tigers snatched their third victory in a row, 80-70.

Pacific could not keep the same trend going against BYU, dropping the decision by over 30 points. Moore led the team with 17 points and Kenyon led with eight rebounds. Notably, Parrish had a career-high of five steals. The Tigers fell to the Cougars, 88-57.

Pacific heads out on the road for the next couple of weeks, but returns home to take on Santa Clara on Feb. 20 in the Alex G. Spanos Center at 7 p.m.

The Tigers currently reside in the fifth place position in the WCC with a conference record of 6-5 and an overall record of 11-10.

Ben Mirkin '15 (above) during a break.

Softball gears up for the upcoming season

Drew Jones

As the temperature begins to warm up, women's softball starts to gear up for the season ahead. The Tigers are scheduled to play 53 games this season, and many are against some of the top Division 1 teams in the country.

Pacific will face off against former conference foes and even ranked squads, such as University of California, Berkeley (Cal) and Stanford.

The Tigers finished up last season 28-28 overall and 12-12 in conference play with the majority of their losses being one or two run games.

Pacific was predicted to place third overall in the Big West Conference; however, their final two game series against Cal State Fullerton and Hawaii ultimately dropped them to the fifth place position.

Entering into a new conference, the Tigers are predicted to fall into second place behind BYU. Notably, outfielder Megan Foglesong '14 and utility player Alex Steinmehl '15 were voted to the All-West Coast Conference (WCC) preseason team by the head coaches.

Both ladies are key returning players to the squad. Foglesong started in all 56 games last season and achieved a .320 overall batting average, producing 18 RBIs. Foglesong also received All-Big



Drew Jones
Pacific begins their season this Saturday against Sacramento State at Bill Simoni Field.

West second team honors and posted a career-best nine outfield assists.

Steinmehl played in 34 games last season, mostly as a catcher, but after a teammate's injury, she made appearances at first base as well. Steinmehl hit five doubles and two homeruns, including a walk-off rocket

over the left field fence and scoreboard in their game against Long Beach State.

Also standing out were pitcher Carly Mortensen '16 and outfielder Taylor Petty '14. Mortensen led the pitching staff with a .252 batting average against, which ranked fifth in the Big West, and a 2.57 ERA, which was the seventh-best in the conference. In eight of her 23 appearances, Mortensen allowed two hits or less.

Petty led the squad in homeruns, finishing the season with six and producing 27 RBIs. Mortensen spent the majority of the season in right field, but made a change to third base halfway through when injuries struck the team.

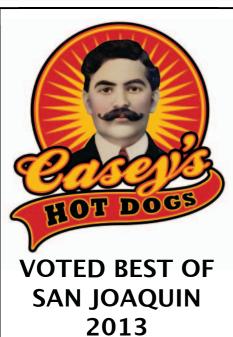
Middle infielders Melanie Habib '16, Taylor Brink '16 and Nicole Zapotoczny '16 all suffered seasonending injuries on the field nearly halfway through last season. Now, they look forward to showing off their full recoveries this spring in the WCC.

Pacific is set to travel up and down the state for various tournaments, such as the Stanford Nike Invitational, the Mary Nutter Collegiate Classic and the Fresno State Classic.

They are even scheduled to travel to former conference foe Hawaii for a pre-conference tournament before spring break.

Needless to say, the Tigers have a tough, but eventful season ahead. Pacific looks forward to the competition the WCC has to bring.

Women's softball open up their season this weekend at noon when they host a double-header this Saturday, Feb. 8 against Sacramento State.



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Lacrosse drops home opener to Saint Mary's

Caitlin Proctor CONTENT EDITOR

Saturday, Feb. 1 dawned beautiful and sunny for Pacific men's lacrosse' first game of the season. The game ended with a loss to Saint Mary's, the team currently ranked No. 1 in the West Coast Lacrosse League (WCLL).

Nonetheless, Pacific got some fresh blood on the field and had their first opportunity to try out advice from new coach, Frank Resetarits.

Resetarits played professional lacrosse for five years - boasting playing experience both indoors and outdoors. Resetarits comes to Pacific since his previous job as an assistant coach at Notre Dame de Namur University in Belmont, Calif.

Resetarits impressive career in lacrosse includes being a NCAA Division 1 Tewaraton Trophy Finalist and playing as a former collegiate All-American lacrosse player for the University of Albany.

The Tigers began the game with ten players who were playing their first college lacrosse match and four players who were participating in the first lacrosse game of their lives.

The first quarter was a shutout for the Gaels, scoring seven points, but there were many more wide shots and shots blocked by defensemen and goalie Derek Bakken '17. In the second quarter, Andrew DaCar '17 scored the first goal of the season for the Tigers. The quarter ended with the Tigers falling sharply behind the Gaels, 14-1.

The Tigers scored once more in the third quarter: A rebound goal scored by Mathew Quackenbush '16. Meanwhile, Saint Mary's made five more goals.

In the last quarter, the Tigers relaxed. After implanting a zone defense strategy in the second half and struggling through the first three quarters, the team found their rhythm and scored five goals, with

Quackenbush leading the charge and getting another goal and one assist. J. D. Yonke '16 put forth a strong rookie effort and helped in scoring another two goals.

During the final five minutes of the game, Pacific managed to keep the Gaels from scoring at all earning two more goals back to back. Unfortunately, the Tigers fell, 25-7.

Afterwards, Coach Resetarits put the game in perspective for the players and expressed that the team learned a lot from this experience for potential use in future games.

Men's lacrosse plays San Jose State on Feb. 15, then they return home on Feb. 16 to play to University of Nevada, Reno.



Pacific Media Relations
Men's lacrosse huddles together and raises their lacrosse sticks in celebration before the game.

Men's volleyball continues to struggle on the road

Jenna Graves LIFESTYLES EDITOR

After a tough fight this weekend, the men's volleyball team fell by five to Cal State Northridge, ranked No. 5, at home last Friday, Jan. 31, despite their impressive effort and 24 blocks. Pacific's Tommy Carmody '15 matched a Mountain Pacific Sports Federation (MPSF) rallyscoring record for blocks at a total of 15. Christain Franceschi '16 and Thomas Hodges '17 each made 11 kills and Carmody added seven. Northridge won the first set, 25-20. Tigers retaliated with a final score of 25-19 in the second and third sets. However, Northridge took the fourth set, 25-22, and were also victorious in the final set, 15-11.

As for the Tigers, Carmody racked up 13 assisted blocks and two solo blocks, while Hodges made 11 assisted blocks and a pair of solos. Peter Edwards '16 and Franceschi both spiked kills on the court. Another block from Carmody, Edwards and Hodges brought the Tigers trailing by only two points, but opponents Greg Faulkner and Damani Lenore finished the set with a kill for a 15-11

Matador win.

On Saturday, Feb. 1, with the Tigers playing at home again, No. 6 Long Beach State beat Pacific with a final score of 3-0. Hodges had a great game, making 11 kills and boasting a .320 hitting average with five blocks. Other kills were made by Franceschi (six), Matthew Dorn '17 (four) and Carmody (three).

Joshua Stewart '17 posted 24 assists. Javier Caceres '14 defended the court with seven digs. Edwards began the third set with an attempt that was driven into the ground. Hodges earned a kill and an ace bringing our team up to a 5-4 lead. Later tied at 6-6, Long Beach commanded control of the court and quickly scored off seven consecutive points.

Long Beach took the match 25-22, 25-12, 25-16 to move to an overall ranking of 6-3 and 5-3 in MPSF play. Pacific plummeted to 1-8 overall and 0-6 in MPSF action.

The Tigers will be back in action in our very own court at the Alex G. Spanos Center on Friday, Feb. 7 when the Tigers face UC Irvine at 7 p.m. to play their fifth game at home

Did you know?

When Ron Verlin was named head coach of the men's basketball team last March, he became the twentieth head basketball coach at Pacific.



Athlete of the Week KiKi Moore

Women's basketball



Athletic Media Relation

Guard Kiki Moore '14 has consistently led the Tigers on the court this season. In her last two appearances, Moore has led in scoring, with 23 points over San Diego and 17 points over BYU. Notably, Moore attained her second double-double of the season in the Tigers' match up against San Diego on Thursday, Jan. 30. The redshirt senior has been dynamite at the free-throw line, making 17 of her last 22 attempts. Moore looks to continue dominating on the court and record more wins in the last seven games before the Tigers play in the WCC tournament, which is coming up in March.

PACIFIC TIGERS

WEEKLY HOME SCHEDULE



MEN'S VOLLEYBALL

Friday, Feb. 7 vs. UC Irvine 7 p.m. Spanos Center





Saturday, Feb. 8 vs. UC San Diego 7 p.m. Spanos Center

Wednesday, Feb. 12 vs. Stanford 7 p.m. Spanos Center



SOFTBALL



Saturday, Feb. 8 vs. Sac State Noon Klein Family Field

Saturday, Feb. 8 vs. Sac State 2 p.m. Klein Family Field



For more information, check out the official Pacific Athletics website at pacifictigers.com.



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