A great school at a great price

Schedule a visit to campus, and see for yourself: go.pacific.edu/visit

How do I love Pacific?

Let me count the ways.

❑ 1,126 Freshman and transfer students in fall 2009. That’s up 4.4% over fall 2008.
❑ 80+ Undergraduate majors.
❑ 18 Graduate programs in 10 schools and colleges, with a pharmacy school in Stockton, a dental school in San Francisco and a law school in Sacramento.
❑ 4-year Graduation guarantee for freshmen.
❑ 60% Students who live on campus in 14 residence halls, 6 apartment communities and housing for 4 sororities and 4 fraternities.
❑ 90+ Student organizations to join, from honor societies and international student groups to jazz band and environmental clubs.
❑ 44 Intramural recreational team sports, club sports and intercollegiate sports.
❑ 13:1 Student-to-faculty ratio.
❑ 81% Students who receive financial aid.

Don’t miss Pacific Preview Days

Take Pacific for a spin! Meet our students, learn about the majors you’re considering, tour our residence halls and explore the campus.

October 16 and November 13

Learn what makes Pacific distinctive

go.pacific.edu/distinctive

Go there!
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Green is the new orange
It’s not the school color—it’s the Pacific spirit

While die-hard Tigers fans bleed orange, Pacific’s environmental push is showing green to the forefront. With its LEED-certified buildings and use of local/organic foods, it’s not surprising that the Princeton Review named Pacific one of America’s greenest campuses. Here are a few other reasons.

**Study for a better world**
Looking for an eco-friendly major? You’re covered. Environmental science combines chemistry, biology and earth science with a sustainability slant. It prepares students to work for consulting firms or government agencies performing environmental restoration or impact studies. Environmental studies incorporates political science, sociology, ethics and other fields. It is especially suited to those interested in working in environmental law or policy careers, with nonprofits and environmental science.

An internship and the senior research project, important components of both majors, allow you to follow your interests. Past interns studied the environmental impact of building sites for geotechnical firms and evaluated water quality for Delta Keepers. Other senior research projects have sharpened Pacific’s green focus.

“One student who did a waste management study of Pacific by monitoring its trash disposal now works for Waste Management Corporation,” Pearson said. Another wrote a sustainability handbook for Pacific students. It covers how to live a more sustainable life: taking shorter showers, disposing of batteries properly and turning your computer off when you’re not using it. Each person really can make a difference.”

**Live sustainably**
Want to improve your personal carbon footprint? Follow the lead of Natalie Compton, a journalism major from Fresno who has made eco-friendly changes in her diet, transportation and life. Committed to helping other students live sustainably, she runs The Vegolution channel on YouTube, writes about green issues in the Pacifican (including being vegan at Thanksgiving) and blogs about college life for Pacific’s admission office.

When she covered an Earth Day speech by Michael Pollan, producer of the documentary Food, Inc., she slipped him her business card.

“That was the highlight of my life,” said the budding environmental reporter. “I got to read the questions from the audience; I asked my own question and chatted with him afterward. And my business card was in Michael Pollan’s pocket for at least six hours!”

People expect tie-dye, Tervas and dreadlocks from a vegan/conservationist/green blogger. They’re wrong.

“The reaction I get depends on the crowd. If I’m with my parents’ crowd, they’ll laugh. ‘Oh, Natalie went to college, and now she’s a hippie.’ A lot of people think you have to be an alternative type of person to care about the environment, but you don’t. It’s really easy to live a more sustainable life—whatever you are.”

**Build a green community**
A combination of big-picture campus policies and special programs that promote a green lifestyle makes Pacific one of the nation’s greenest colleges.

From their first moments on campus, Pacific students work to improve the living environment. In the Pacific MOVE (Mountain Ocean Valley Experience) orientation program, new students clear invasive plants from Yosemite National Park, clean the banks along the Calaveras River, work with Stockton nonprofits and more.

Students who live in REELL, the Residence for Earth and Environmental Living and Learning, choose a green-related campus campaign each year. So far they’ve convinced Pacific students to cut back on plastic water bottles and non-recyclable plastic bags.

**Go there!**
Read about Pacific’s green ranking
go.pacific.edu/gogreen
Read Natalie’s blog
go.pacific.edu/natalie
Learn more about Pacific MOVE orientation activities
pacificmove.org

The Students for Environmental Action, a club that launched the campus recycling program years ago, sponsors beach clean-ups and other service projects. Because four of 11 spots on the Campus Sustainability Committee are reserved for students, student voices come through loud and clear.

“Universities are taking sustainability seriously now,” Pearson said. “What amazes me is how students can make a difference immediately by prodding and pushing the campus to improve.”

**Other ways Pacific works to be environmentally friendly**
- All new campus construction projects exceeding $1 million must meet LEED silver standards.
- 37 percent of the campus food budget is spent on local and organic food.
- 65 percent of the school’s cleaning products are green-certified.
- Pacific has received more than $4 million for environmental research since 2006.
- All students get personal garbage cans and recycling bins when they move into their campus residence.

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**In this issue**
**ACT GLOBALLY...2**
Whether it’s accepting the challenge of the Clinton Global Initiative or earning a Fulbright, Pacific students are ready.

**THE FOUR-YEAR GUARANTEE...3**
Get the courses you need to graduate on time. We mean it.

**MAJOR OPPORTUNITIES...3**
Explore Pacific’s 80-plus majors, from Asian language and studies to sports medicine.

**Find us**
go.pacific.edu/findus

**Photos by Randall Gee:** Bicycles (page 1), luau (page 4), campus shot (page 4-5), Gibbs (page 5), pool (page 5), comic store (page 5), campus shots (first follower).

This publication was produced with the following products and services.

**Printing:** Certified FNP Green Power Partnership and Climate Leaders program; Green-e organization; Forest Stewardship Council (FSC) Chain of Custody. **Electricity:** Generated from 100% renewable sources. **Paper:** FSC Certified. **Inks:** Printed with vegetable-based inks.

**Apply now**
u-pacific.org/freshman
Fulbright scholarship winner Benjamin Alldritt travels to Finland to research an exoskeleton system for paraplegics

He’s already built a Star Trek-esque 3D printer that can replicate objects out of gel. He’s worked on a biomechanical project that provides communication interfaces for paralyzed people.

So what’s next for mechanical engineering and engineering management graduate Benjamin Alldritt ’10? The sky’s the limit.

Benjamin, a Sacramento native and Pacific Powell scholar, won a Fulbright scholarship for his research proposal involving the design and construction of a new exoskeleton system that enables paraplegics to operate their legs without external supports such as crutches.

More than 8,500 people applied for the prestigious scholarships, which allow recipients to form their own study abroad programs mixing university coursework, independent research and professional training. Benjamin will use his award (which includes transportation and living expenses) for a year of research at HAMK University of Applied Sciences in Hamentinenla, Finland.

“During my internship last year, I worked on an interface for people with degenerative diseases,” Benjamin said. “Using muscle sensors placed on the skin, we could create control interfaces for people paralyzed below the neck. By flexing a muscle behind the ear, a person can interact with the computer in varying degrees. I thought, ‘What about incorporating those sensors for an exoskeleton system for people who can’t use their legs?’

In Finland, Benjamin will focus on the design work, figuring out the electronics and control systems. By the end of the year, he hopes to have an engineering prototype that can demonstrate basic movements.

Why Finland? In addition to his family ties there, the country has one of the world’s top-ranked education systems.

And how does Benjamin plan to navigate a city where shocking numbers of umlauts and vowels dominate the language?

“Finnish is very phonetic. You just have to sound the words out. And people in Finland are multilingual. Students learn Finnish, American English, British English, Swedish, German, French and more, so communication won’t be a big issue.”

Tense future

Residents change the world at the Clinton Global Initiative University

Harnoor Singh ’10 is out to make a difference. The sports medicine major from Fremont, Calif., has committed to help prevent cardiovascular disease and diabetes among migrant workers in the San Joaquin Valley as a result of his participation in the third annual Clinton Global Initiative University (CGI U).

Harnoor was part of a delegation of 15 Pacific students that traveled to Miami for CGI U last spring. Hosted by former President Bill Clinton, the yearly meeting challenges more than 1,500 students from around the world to act on issues including education, environment and climate change, peace and human rights, poverty alleviation and public health.

At CGI U, participants make “commitments to action” — promises to address a specific problem on campus, in the community or somewhere in the world. Harnoor committed to work with local physicians to offer free blood sugar and cardiovascular health screenings to migrant workers. He also wants to supply $4 prescription drugs to those who need them. His commitment is supported by $2,500 in seed money from the Cordes Foundation.

“When I was a scribe, documenting for physicians in the emergency room at a Modesto hospital, I noticed this particular demographic of patients coming in with heart attacks and strokes. The majority of California’s community of migrant laborers doesn’t have access to basic healthcare services, which could prevent these heart attacks,” he said.

“With this pledge, we can bring physicians to migrant farms to screen those without medical insurance,” he said. “Pacific offers connections with community officials and other networking opportunities that will help me to make good on this commitment.”

The Pacific students were joined in Miami by President Pamela A. Eibeck, Board of Regents member Ron Cordes and 30 business students from the Empowering Chinese Social Enterprise Leaders program (ECSEL).

With students representing seven of its schools and colleges, Pacific sent the largest delegation to the CGI U meeting. Other projects from Pacific include starting a charter school in San Joaquin County, working with the university’s Division of Student Life to create a sustainable campus and partnering with local attorneys to provide free legal advice to low-income families.

During the three-day conference, Harnoor and his fellow students participated in sessions exploring big-picture global challenges and attended workshops on marketing, fundraising and community engagement. They also attended a discussion on moving forward in Haiti featuring President Clinton and took part in a service project at the Miami-Dade County Homeless Trust’s homestead complex.

“I attended a session with Regina Benjamin, the U.S. Surgeon General,” said Harnoor. “She started out as a family doctor in Alabama, serving in low-income communities. It’s inspiring and motivating to see these global leaders who do good work.”

The future is so bright

Fulbright scholarship winner Benjamin Alldritt travels to Finland to research an exoskeleton system for paraplegics

Fitful future

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Pacific's four-year graduation guarantee means your professional life can start sooner. Pacific launched the nation’s first four-year graduation guarantee in 1991, when class shortages at public colleges forced students to spend up to seven years—and loads of extra money—getting their diplomas. So what does Pacific’s guarantee mean for you?

You’ll spend less on college
If you can’t get the classes to graduate at a state school, expect to pay another $19,000 to $26,000 in tuition and expenses each year you hang around.

At Pacific, if you have to stay an extra year and have met the requirements of the guarantee, your tuition is free.

You can start grad school sooner
If your career plans are very focused, Pacific can help you get in the express lane.

And accelerated programs in law, dentistry, pharmacy and other fields let you shave off the total time required to earn your grad degree.

But you’ve still got some time to explore
Pacific’s guarantee leaves you a comfortable amount of academic elbow room.

You won’t be locked into a specific major and degree from your first day as a freshman. You can try different majors during your freshman year and still qualify for Pacific’s guarantee.

Over 80 percent of Pacific students received financial aid and the average package was $22,000 in the 2009-10 school year.

The Real Cost of College

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California State University campuses

University of California campuses

Pacific*

*Pacific costs before any reductions from scholarships/financial aid

Learn details about the four-year guarantee: go.pacific.edu/firsts
See more Pacific firsts go.pacific.edu/firsts

Analyze this

Pacific nurtures the next generation of researchers

Want a chance to dive deeper into your major, work closely with a professor/mentor and focus on a topic that can range from Tris(2,2’-bipyridyl)ruthenium(II) to the turn-of-the-century attitudes toward murderers?

Join the more than 300 undergraduates who are involved in research projects at Pacific each year. During the annual Pacific Undergraduate Research and Creativity Conference, more than 168 students shared their research and creative activity. A sampler:

Politics and public policy
- Measuring own-rate bias when identifying criminals in crime scene line-ups

Sciences
- Isolating cDNA sequences in spider silks, one of the strongest biomaterials in the world
- Using hydroacoustics to monitor tidal behavior and movement of fish

Psychology
- Studying the money/happiness link in college students
- Monitoring student attitudes toward people with tattoos

Environmental studies
- Testing perception of risks associated with untreated water consumption in Tanzania
- Balancing environmental, agricultural and recreational uses of the Sacramento-San Joaquin Delta

Communications
- Designing a website for the Stockton Speaks oral history project
- Chronologing how new media has affected bullying

Art and design
- Designing Steampunk (Victorian meets industrial age) jewelry for A Midsummer Night’s Dream
- Creating corporate identity and packaging for a spice company
On campus

- Attend the weekly Tiger Nights—free food, music and games for the campus. Don’t miss the finals week massages!
- Paint the rocks. Show your school or club spirit by doing a 2 a.m. paint job on the campus boulders. The rock art seems magically new every day, because no one really sees the artists in action.
- Attend the Hawaii Club Luau, the biggest luau this side of the islands.
- Kick off your college career at the Tiger Roar. The entire Pacific campus ushers in new students by cheering, waving Pacific flags and chowing down on barbecue.
- Paint yourself orange for the ESPN game. Men’s basketball + ESPN = an explosion of Pacific pride (and an excuse to look goofy on national TV).
- Brag about surviving “O Chem,” the organic chemistry course rumored to be hardest on campus. Ace this class, and you get some respect in the lab.
- Compete in Lip Sync during Parent and Family Weekend. Campus groups put months of hard work into this spectacle, so start practicing now.
- Take the eye-opening “Dynamic Planet” course. You’ll learn the fundamentals behind Earth’s structure—and how we might be on our way to destroying that very foundation.
- Hang out at the Fire Pit on the University Center patio. It’s a campfire with comfortable seating and laptop plug-ins.
- Enjoy Finals Breakfast on the eve of exam week. This free breakfast, with pancakes, fruit, doughnuts and more, is the last moment of stress-free joy before a week of hard-core studying.
- Bring some towels, a football, Frisbee and a book to achieve total relaxation on the University Center lawn, in the center of campus, and take a swim in the Kjeldsen Pool.
- Meet your roommate for lunch in the Lair, Pacific’s dining hot spot. Flat screen TVs, live bands, Xbox and Wii—and the food’s amazing.
- Lend a hand at ReachOut Pacific, a volunteer experience that connects students with service projects throughout the Stockton area.
- Lift weights in Pacific’s newly refitted Baun Fitness Center, complete with two multipurpose rooms and two racquetball courts.

Take a trip
San Francisco is less than two hours away by car; a train can get you there, too. The cable cars, the museums, Ghirardelli Square and Fisherman’s Wharf await.

Pacific possibilities are nearly endless.

Play a game
Whatever your passion, the brand-new DeRosa University Center can provide a forum and an audience. Check out the Xboxes in the Ultra Gaming Lounge.

Share the aloha spirit
The Hawaiian Club sponsors Pacific’s annual luau featuring a feast, games for children and, of course, hula dancers.

Visit Pacific
go.pacific.edu/visit
In and around Stockton

- Wolf down a triple chocolate Pizookie—a heavenly cookie-and-ice-cream “pizza”—from BJ’s Restaurant Brewhouse. Free on your birthday!

- Catch up-and-comers like Common, Lupe Fiasco and Flogging Molly at Pacific’s annual spring concert, held at the Bob Hope Theater downtown.

- Check out local artists’ work at the Tidewater Gallery downtown (and treat yourself to lunch in a nearby café).

- Try the milk tea with boba or a slushie with apple candies at Lollicup, one of Stockton’s coolest drink shops.

- Go skydiving in Lodi, and leave some time to explore the downtown shops and restaurants. Lodi is also known for amazing wines produced by over 50 local vineyards.

- Take your date to the Downtown Waterfront movie theater plaza—for sushi, a movie and Coldstone ice cream.

- Take a paddle-boat spin at Oak Grove Park (off interstate 5), known to students as “the spot down the 5.”

- Walk the Miracle Mile, the Stockton street packed with restaurants, shops, theaters and more.

- Gorge yourself on deep-fried asparagus during the annual Asparagus Festival, one of the biggest events of the year.

- Raise a little stink at Garlic Brothers Restaurant, where the pizza and fried ravioli come doused with you know what!

- Spend a day in Sacramento. The state’s seat of government is also chock-full of great restaurants and sightseeing options.

- Close down Barnes & Noble in the Weberstown Mall. Camp out until closing time for the great study atmosphere (or dash in for one last vanilla espresso to get you through the night).

- Take the train to San Francisco to see Golden Gate Park and hit Haight and Ashbury for an offbeat shopping experience.

- Head for the beaches of Santa Cruz. It’s well worth the three-hour drive.

- Bike around town on the Calaveras River trail.

- Watch the Stockton Ports play minor league baseball at the beautiful new stadium downtown.

Shop the Miracle Mile The theatres, restaurants, boutiques and more are just steps away from campus. Discover special events and great deals at stocktonmiraclemile.com.

Show your stripes Enjoy music, crafts, food, games, prizes and much more at weekly Tiger Nights. And best of all, it’s totally free!
Pacific students can get a head start on law school

Legal ambition

Emily Sheldon '10, a political science and gender studies major from Roseville, Calif., has something to say about the HIV struggle in South Africa. And she traveled across the globe and back with a camera to get the message out.

What started as a research paper on ethics in reproductive health in South Africa grew into Voiced!: South Africa, a full-length documentary. The film highlights personal stories of those suffering from HIV as well as its effects on culture and life for those infected.

Working with music management major Graham Howes '08, Emily embarked on an 11-day trip to South Africa to film the documentary and to participate in the South African Clinical Research Association’s third annual research conference. The Pacific Fund, which finances student learning experiences, sponsored her film.

“I met Graham three days before we flew to South Africa. The classmate I was supposed to go with had to back out at the last minute, so I didn’t have all summer to plan. But we’re both passionate about South Africa, so Graham and I got along really well. I set up the interviews and researched our trip, and Graham did the filming and editing. Our motto was, ‘We’ll figure it out.’”

“We planned to go souvenir shopping, but we found a hospice in the Indian section of Chatsworth, [a township in Durban]. An interview there led us to Thousand Hills Community Helpers, an organization that makes beaded crafts to raise money for healthcare for those affected by HIV. It wasn’t mapped out. We just walked around with a camera and spoke with people on the street. Then in Soweto, we met an artist named Choppa and helped him shoot a music video.”

“Emily and Graham spent seven months completing their film before it premiered at Pacific’s Janet Leigh Theater, where they collected donations for healthcare organizations including Thousand Hills. ‘If the audience falls in love with South Africa one-tenth as much as I did, amazing things can happen for the country. We tell stories, not stats, to help people feel personally connected to the cause,’ said Emily. ‘I’m learning Zulu, so I can move back and work in the communities.’

Students complete an undergraduate major at Pacific, take three unique one-unit seminars and participate in various legal workshops and internships. Highly personalized seminars help students explore different career opportunities and develop essential analytical reasoning and writing skills. And on both the Stockton campus, home of the undergraduate program, and the McGeorge law campus in Sacramento, they interact with knowledgeable law faculty, Pacific alumni and judges and lawyers in the community.

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In two courses at Pacific, “Living Dead: Vampires of Film and Fiction” and “Jane Austen on Film,” students get their fill of bloodsucking gore and historical romance here.

Taught by film and literature professor Amy Smith, these one-credit weekend classes are open to the entire campus as well as the Stockton community.

**Smith’s top five film vamps**

- Angel in *Buffy the Vampire Slayer* (David Boreanaz)
- Barnabas Collins in *Dark Shadows* (Jonathan Frid)
- Blade in *Blade* (Wesley Snipes)
- Dracula in *Dracula* (Wesley Snipes)
- Dracula in *Dracula* (Frank Langella)
- Dracula in *Dracula* (Wesley Snipes)
- Dracula in *Cabin in the Woods* (Gerard Butler)

**Making a splash**

Pacific athlete Dara Tawarahara makes waves in the pool and in the classroom

The women’s water polo team captured the conference championship, but for Dara Tawarahara, the team’s #2 scorer and a member of the all-conference team, bringing home the trophy wasn’t the season highlight. The biggest moment was beating Cal State Northridge.

“They were ranked #9 in the country, and we played them at home. Nobody expected us to win, but we beat them,” said Dara, a sports sciences major from Honolulu. “We were so pumped. I don’t think I’ve ever seen my coach jump so high before.”

Like other Pacific athletes, one of Dara’s biggest college challenges is juggling the demands of her sport and her classes.

“If you come in as a Division 1 athlete thinking your education will be handed to you on a silver platter, you’re dead wrong,” she said. “Finding the balance takes some practice. It’s not something I mastered as a freshman. My coach guided me and my teachers helped.”

**Uncovering the covers**

When Dara added a gender studies minor late in her college career, Pacific professors helped her squeeze in the units she needed.

As an independent study research project, she’s analyzing the past decade’s Sports Illustrated covers to log whether the photos show women in athletic poses that present them as champions or in sexualized poses that present them as objects. She’s also looking at whether the headlines use a twist on words to emphasize gender.

“When women finally make it to the cover of Sports Illustrated, they’re often sexualized,” she said.

“One thing Dr. Smith introduced me to was the sheer amount of Austen today material available,” Katelyn says. “There are clubs, bookmarks, dolls, films, poems and different cultural views on Austen. Now I always note Austen’s prevalence in our culture without having to look for it.”

Can’t get enough Jane? Pacific also offers a semester-long Jane Austen class. To top off the course, Smith hosts a Jane Austen Night, where students share interactive projects and performances. Highlights from past years include a silent auction of Austen-inspired paintings and a Jane Austen musical, featuring a “Single Ladies” number sung by a Sense and Sensibility character.

“Although we were always learning in a professional environment and having serious discussions, the Austen class felt more like a book club,” Katelyn said. “We were looking at the works with fresh eyes and an enhanced enjoyment and appreciation.”

Class act

- Water polo captain Grant Hollis, a civil engineer and engineering management major from Redlands, Calif., was a national finalist for the prestigious Rhodes scholarship.
- 36 Pacific athletes earned Big West Academic All-Conference honors in 2009-2010.

“IT’S ‘Here’s Lindsey Vonn, and isn’t she pretty?’ Or they shoot Dara Torres with a child because she’s a mother. It’s all the stereotypes.”

The sheer number of women on the covers also tells a story. “One year there were more animals than females on the covers. There was only one woman—a NASCAR driver. But of course, there was the swimsuit issue!”

Dara will present her research at Pacific’s Race, Space and Gender conference this fall.