California and Metro Forecast 2008-2011: California’s Recession is Shallow but Long

Press Release

The Business Forecasting Center in the Eberhardt School of Business at University of the Pacific offers its third quarter California and Metro Forecast. As in the two previous quarters, the forecast maintains that the state entered a mild recession in late 2007. The shallow but long downturn will extend into the spring of 2009 as the United States (U.S.) and much of the world joins the state in recession.

Director of the Center Jeff Michael commented, "California is now entering the second half of the recession where the housing meltdown spreads to other areas. Mortgage-based financial losses are tightening credit conditions across the economy, slowing growth, and extending job losses despite the relief from falling oil prices."

In this tough economic environment, Oakland, San Francisco metro areas have the strongest growth prospects in Northern California, while the East Bay and Vallejo lag behind the rest of the region. Double digit unemployment rates have made an unwelcome return to most of the Central Valley, but will still remain below levels common in the 1990s. The complete forecasts for California and 11 metropolitan regions may be downloaded at http://forecast.pacific.edu.

The Business Forecasting Center at the University of the Pacific was founded in 2004. Houseled in the Eberhardt School of Business, the Center produces quarterly economic forecasts of the United States, California and 11 Metropolitan areas from Sacramento to Fresno and San Francisco Bay Area. The Eberhardt School of Business is one of a handful of Business schools producing comprehensive quarterly forecasts of the U.S. economy. In addition, the quarterly metropolitan forecasts cover several regions in California's Central Valley not covered by other forecasts.

The Center offers other services ranging from economic impact analyses and custom econometric modeling to survey research and market sizing and forecasting.

Federal Court Judges to Discuss Gender Bias in Legal Field

Rhashad Pittman
University Media Relations

Do women and men judges apply the law differently? Are men and women treated differently in the justice system? These are just some of the questions that will be explored by two women judges from the nation's largest federal appeals court on Monday, Oct. 6 at University of the Pacific.

The discussion, titled "The Fair Sex? Gender, Justice and the Law," will feature Judge Mary M. Schroeder and Judge Consuelo Maria Callahan of the United States Court of Appeals for the Ninth Circuit. The event takes place Oct. 6 from 3:30 to 5 p.m. in the University Center's Grand Ballroom.

"This is an issue that affects all of us. Each one of us at some point in our lives could take part in the judicial process, or know someone who does, either as a plaintiff, defendant, witness or jury member," said Professor Gesine Gerhard, director of Gender Studies at Pacific.

"Women make up a quarter of all federal judges and 30 percent of the more than 1,100 million lawyers nationwide, according to the American Bar Association. Pacific Professor Cindy Ostberg and Stockton Attorney Kerry Krueger will pose a variety of questions to the judges, including: Do male and female attorneys approach the law differently? Do clients and jury members respond differently to a female lawyer? Do women on the bench apply the law differently than men?"

The judges will also share their experiences as women in the legal field. Schroeder has been on the ninth circuit court since 1979, serving as the court's first woman chief judge from 2000 to 2007. The circuit encompasses California, Washington, Oregon, Nevada, Arizona, Hawaii, Alaska, Idaho, Montana, and the islands of Guam and Northern Marianas.

Callahan '75 was the first woman and first Latina judge appointed to the San Joaquin County court and the first woman appointed to California's Third District Court of Appeal in 73 years. She is a graduate of McGeorge School of Law and a Pacific Regent.
The Legal Scholars Program Paves the Way to Success

Raymond Zulueta
Pacifican Staff Writer

Ever thought about going to law school, but didn’t know what to study once you got to college? There is no correct path, but don’t you just wish there was a program that prepared you for the rigors of law school?

Well, luckily, there is a special program at Pacific that allows aspiring law students to major in the study of law on campus. The program is under the supervision of Ostberg, who received a B.A. in Anthropology from UC Berkeley and a PhD from Northern Illinois University in Policing Science. She teaches the program’s required classes, and students receive direction from her as their second-year adviser. They also benefit from the unique experience of taking trips to special speaking events. One of the most enlightening trips is to the McGeorge Law School to sit in on a special session of the Ninth Circuit Court of Appeals on October 29.

The Legal Scholars program is an honors program that integrates students’ majors with classes that will prepare them for the rigors of law school. Each student is placed on either a 4+3 program or a 4+3 program based on SAT scores and GPAs in high school. The 4+3 program includes four years at Pacific and three years at McGeorge. The 3+3 program has students going through three years at Pacific and three years at McGeorge.

According to Cynthia Ostberg, the McGeorge School of Law, the program is an honors program that only allows 10% of its applicant pool to be enrolled in the program. The program has made it highly competitive.

Legal experience at the undergraduate level. The program allows for more students to move on to law school and it will bring more students and diversity to Pacific.
Pacific Celebrates the Opening of the Don and Karen DeRosa University Center with a Week of Activities

Patrick Giblin
University Media Relations

University of the Pacific will host a week of activities to celebrate the opening and naming of the Don and Karen DeRosa University Center, the University’s first green building and the new social hub of the Stockton campus community. Events include a campus-wide barbecue, musical performances and guest speeches by several well-known public figures who will discuss a range of topics from technology to John Muir to the state of Latin America.

“The DeRosa University Center is not just the heart of the Stockton campus,” said Elizabeth Griego, vice president of Student Life. “Its meeting and conference rooms provide venues for the Stockton community to come learn alongside us: about culture, about technology, about history, about the world around us, about the University curriculum. For that reason, the first week of activities will sample the different types of events that will be hosted at the DeRosa Center.”

The festivities run Oct. 2 through Oct. 10.

Ribbon Cutting and Barbecue Lunch: Noon to 1:30 p.m. Oct. 2. DeRosa University Center Lawn. A campus-wide barbecue and ribbon cutting for the DeRosa University Center. The event is free and open to Pacific students, staff and faculty.

Gala Reception and Dinner: 6 p.m. to 10 p.m., Oct. 2. Grand Ballroom, DeRosa University Center. Gala Reception and Dinner for University supporters and VIPs. Will include a reception for special campus guests, dinner, dedication and prizes for the entire family!

Tiger Nights: 8 p.m. to 10 p.m. Oct. 10. Grand Ballroom, DeRosa University Center. Reggae band Righteous Movement will perform and hypnotist Salisch will entertain the crowd. There also will be tarot card and palm readers, craft making sessions and refreshments. Pacific students only.


Gala Reception and Dinner: 6 p.m. Oct. 7. Grand Ballroom, DeRosa University Center. Gala Reception and Dinner for University supporters and VIPs. Will include a reception for special campus guests, dinner, dedication and prizes for the entire family!

What:
Family Fun Day is an annual event sponsored by the Staff Advisory Council for the entire Pacific staff and their families. The event includes fun games, food, entertainment and prizes for the entire family!

When: Saturday, Sept. 29, 11 a.m. - 2 p.m.

Where: Knoles Lawn

Family Fun Day

Elizabeth Crosetiere
Pacifican Staff Writer

September 13 was a fun day for Stockton families. At University Park near CSU Stanislaus, families gathered to celebrate reading at the Literacy Festival. It was a family oriented day filled with activities, readings and fair-style foods.

The Literacy Festival was teeming with youngsters ecstatic to participate in activities that involved reading. Balloons, bubbles, face painting and crafts could be seen all over University Park. One table allowed children and parents alike to build their own storybook dioramas, while another had shakers.

Family Fun Day again next fall, when more book related activities are sure to accompany the start of the new school year.

The DeRosa University Center is a 55,000 square-foot building that houses the Stockton campus’ main dining hall, a restaurant, a pub, a gaming room, meeting rooms, a ballroom, some student life offices, the University bookstore and a welcome center. It was constructed using environmentally friendly materials and features technology that reduces the amount of energy needed to operate the building. The University has applied for LEED silver certification. Last month, Pacific’s Board of Regents announced that the building will be formally named the Don and Karen DeRosa University Center at the Oct. 2 gala.

More information on the MSW Program, visit www.apu.edu/explore/msw/.

For more information on the graduate psychology programs, visit www.apu.edu/bas/graduatepsychology/.

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

M.S. in Clinical Psychology (Marriage and Family Therapy)

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Photo: Azusa Pacific University
Perspectives

Paper-thin walls and even thinner floors and ceilings seem to embed themselves in campus residence halls and around Pacific's campus, in general. Those who could verify this assumption are the freshmen and sophomores living in the residence halls, next to loud hall mates. Whether trying to fall asleep while someone next door decides to play “Whatever You Like” by T.I., or waking up to someone else’s alarm clock, residence hall noise outside one’s own room can be pretty irritating.

The worst is living with grass outside your window. Every morning, at the same awkward hour each day, there are about ten lawn mowers going off. More unfortunate is catching early morning allergies from grass flying around campus while walking to class. We at the Pacifican are firm believers in courtesy, especially when it comes to starting off the day. So please, Pacific students and Pacific lawn mowers, try to be a little more considerate!

Does Religion Work in College?

Lindsey Ball
Pacifican Staff Writer

Entering college produces several obstacles and significant changes in a student’s life, the most prominent of which is the issue of religion. Universities today, including private Christian universities, tend to approach education with an open mind. Students are expected to embark on this part of their lives by questioning what they already believe they know. Freshmen at University of the Pacific are required to take Pacific Seminar 1, which focuses on the idea that we shouldn’t believe everything we hear in the media, politics, and even religion. The question is whether or not it is acceptable for professors to expect students to question what they already believe.

Venturing off to college is supposed to be a monumental change in a student’s life, and these are the times when students learn more about themselves and their personal beliefs regarding politics, religion and moral values. I believe it is the job of professors to open the minds of their students and make them question what they feel they already know. A college education does not only consist of math, science, reading and writing. Students also learn interpreting right from wrong, although some professors can’t help but express their opinions. Whether or not religion is a part of their philosophy, professors should learn the idea of individualism and envisioning conflicts from a liberal, more open-minded point of view.

These are the times where we must concern ourselves with what we personally believe true in the world—personal beliefs that have not been affected by what parents have instilled in our minds. The biggest conflict is that students are raised on specific faiths. We have been taught what is good and bad, right and wrong; from our parents’ perspectives. As individuals, it is our right to formulate our own opinions and beliefs, and our professors are simply there to ease the way and teach us how to do this rationally. They are not here to tell us what to believe or what to think of specific issues in politics, although some professors can’t help but express their opinions in class, however we are not forced to accept.

All in all, it boils down to the individual decisions we are all entitled to make. The more college classes emphasize the importance of questioning authority and tradition, the stronger we will become as a nation. If we never questioned established traditions in the past, the state of humankind would not be where we are today. After all, we did once believe the earth was flat.
Funny Class Notes
The Waiting Game

Matt Brady
Pacifican Humor Columnist

She's a young and innocent freshman. You know the kind: so young that her parents were listening to Baby Got Back while she watched Barney back when Pacific had a football team. Only she's not so small or young anymore. She's has Carrie Underwood's looks and Steven Hawking's brain (not the other way around, thank goodness). In fact, she's perfect, except that she has a boyfriend, a hangover from high school who now goes to college somewhere on the east coast but practically lives on the phone with that young and innocent freshman you like.

Did I mention you like her?

She hasn't seen him in over a month and they've already had a fight. She told her roommate about it, who let it slip to her lab partner and, well, somehow it got back to you. Heck, the Provost even heard about it and thought it was very, very salacious. She thinks her remote boyfriend is cheating on her, but can't muster the courage to raise an accusation. Not to him, anyway. Her entire Pacific Seminar class, however, views him as a lying scumbag with the fidelity of Balthazar Getty.

But amid all the drama, you have one nagging question: how long until she breaks up?

You're hoping they'll split before mid-terms, because that's when the stress of classes can become a romantic catalyst and help generate some sparks between you two, but your buddies think it won't be until finals. Some are even placing wagers on how long she'll last. But you can't abandon your feelings either. Your roommate can't understand your fixation. He likes the smart girl in his Chemistry class who always seems to have the answers and looks incomparably hot while filling a beaker. He thinks you should either give up now or make a move.

But the masculine code calls for restraint. The rule against blocking - an unambiguous stipulation on all competitive behaviors with someone still in a relationship - rules supreme. You won't violate it because you know some insconsiderate guy might return the favor someday. But you can't abandon your feelings either.

So you are waiting, your game on hold, for her fascination for her Verizon boyfriend to be subsumed by boredom and stress. When it happens, you will be there with an earnest face and some quick wit. That, or you'll grow up a lonely bachelor with a nagging question about what might have been.

While Sipping a Cup of Java
A breath of wind, a beat of the human heart

Christine Le
Pacifican Poetry Columnist

It's here—the breeze. The changing leaves. The restart of those runny noses. While some of us are enjoying the return of autumn, others may be a bit sad to see the warmer days disappear.

Whatever your disposition, take a minute to discover how this cooler season provides an intriguing opportunity that most of us don't take advantage of—watching parts of nature interact with each other in human-like ways.

Dr. Robert Oprandy, professor at the Benecol School of Education, took advantage of this opportunity while sitting on a hill one day in East Dubuque, Illinois. The result was a poem titled “Windswept Above the Menominee,” which captured the interactions he witnessed between the wind and everything it was blowing.

I was immediately hooked by the opening of this poem. Notice how Oprandy compares the wind's movements to “as though God were stirring a drink,” painting for us a clear picture of the control taking place. Later, this sense of domination becomes even somewhat sadistic, with the image of “the whipping wind like a leader.”

Yet notice how at the same time, this power turns into something more like friendship, or even romance. That is, the line right after describes the blown leaves and branches as the wind's “dance partners,” suggesting a more sociable connection between the wind and the foliage.

Then, observe how this connection changes into something even more pleasant! The third stanza shows the wind as “a warm chest or shoulder for uprooted plants.” The wind has become a more nurturing, almost motherly figure. Compare this to when we first saw it as a whipping leader, that later transitioned into a dance partner.

Dr. Oprandy explained that he wanted to catch the immediacy of the impression these natural forces had on him. “Most exciting for me as I wrote [the poem] was realizing the contrast between the gusty wild winds and the gentle solid earth and the roles each play in nature.” Amazingly, he finished the poem in roughly 25 minutes.

As autumn has arrived, bringing the wind back, take a moment to watch the interesting relations between these gusts of wind and everything they move. They are more similar to us than meets the eye.

Windswept Above the Menominee

Wind sweeps woods, churning leaves, twigs, branches many whichways, as though God were stirring a drink, wind serving as swizzle sticks.

The growing greenery seem like followers, the whipping above like a leader, swirling its dance partners where it will, while the waiting woods bend and twirl wherever taken or forsaken.

Remaining rooted, they return to their places, as plastic, blow up, punch bag toys, while wind wins on, evanescing elsewhere.

What of earth, the quiet observer?

Lying low, largely unscathed by wind, earth underwatches its seedlings, providing them a soft-firm bending place.

Earth keeps woods in their place, OR when wind rages wildly, overcome by its power, provides a warm chest or shoulder for uprooted plants, left to rejoin earth in a form different from their inception, altered again by the cycles of the cosmos, by God's next stir.

© Robert Oprandy
carpe diem
A prime award for time well spent

Admit it. You're a television junkie. You've been eagerly awaiting the return of Desperate Housewives to see the results of 5 years fast forward, the new season of Heroes with precious Hiro, or that hot guy from 90210.

Trust me, it's easy to get addicted to the tube. Without much to satisfy us here in boring Stockton, we all turn to the screens in front of us to provide us with temporary entertainment until the next summer. As long as I've been here, watching TV is a timeless comfort. I look forward to at the end of long days and usually work my schedule around shows instead of vice versa.

Award shows are a great way to recognize the best of these shows, along with the tacky tabloids of the best and worst dressed and new "it" couples.

This Sunday, the Primetime Emmy Awards, presented by the Academy of Television Arts & Sciences, rewarded the prime of the primetime.

Originally referred to as just the "Emmy Awards," until 1949, the 60th Primetime Emmy Awards were held at the NOKIA Theatre in L.A., and was co-hosted by the five nominees of the new category, outstanding host in a series: Tom Bergeron (Dancing with the Stars), Heidi Klum (Project Runway), Howie Mandel (Deal or No Deal), Jeff Probst (Survivor) and Ryan Seacrest (American Idol).

This year, several shows made interesting breakthroughs. 30 Rock, which won outstanding comedy series, received a whopping 17 nominations, breaking the record for the program with the most nominations in a single awards year. Comedy Central's The Daily Show with Jon Stewart was named outstanding variety, music or comedy series, and CBS's The Amazing Race was named outstanding reality-competition program, the 6th straight consecutive win for both.

The show's biggest entertainment was Josh Groban with his medley of covers of theme songs—and the fact that cable finally gained a winner for outstanding drama: Mad Men.

Although the awards show wasn't completely a winner, our television shows have definitely changed and transformed the way people watch and, ultimately, vote. A big controversy for this year was the touchy subject of politics and the upcoming elections. However, many stars couldn't help themselves, commenting on the current state of affairs in the political realm.

Don't depend on award shows to tell you what to watch. Make that choice yourself. Otherwise, you'll just end up depending on the television for every part of your happiness—or do we not care?

Playing at the Pacific Theatre
All features @ 8:00 p.m.
Doors open @ 7:30 p.m.

Admission
Students: Free with Pacific ID
Staff, Faculty: $3
General: $5

El Cantante (The Singer)
Thursday, September 25
(Part of Latin Heritage Month)

The Other Boleyn Girl
Friday, September 26

Saturday, September 27

movie
Teeth
Still a stranger to her own body, a high school student discovers she has a physical advantage when she becomes the object of male violence. Rated R., 94 min.

book
Little Children: A Novel by Tom Perrotta
A tale of suburbia and the lives of adults who share the same angst of living in it. Available in stores or online @ Google Books! 368 pages

music
Eric Hutchinson,
"Rock and Roll"

Mint Royale Ft. Gene Kelly,
"Singing in the Rain (Remix)"

tv show
Fringe
A television drama centered around a female FBI agent who is forced to work with an institutionalized scientist in order to rationalize a brewing storm of unexplained phenomena. Tuesdays, Fox @ 9 PM.

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

Answers

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Long Distance Relationships: Not for the weak at heart

Renee Icasiano
Pacific Staff Writer

For anybody who has to endure long distance relationships, such as college students and military families who experience this type of relationship often, I applaud them.

For many it is difficult to comprehend an intangible relationship as they stick to the concept of a local relationship where the partners are accessible and physically present. In Surviving Long Distance Relationships, Alina Ruigrok, an independent relationship expert on dating, relationships, marital, sexual and other personal issues, writes, "A long distance relationship has just as much a chance of succeeding as any other relationship!"

She points out, "Keeping each other informed of the friendships you have with other people and the events that take place in your personal life is a great way to keep your relationship alive and healthy; and continues to make your partner a part of your life."

Paraphrasing the words of Allie Ochs, another relationship expert, coach, speaker and author, "People of exceptional relationships relationship are fit 2 Love and do become better for each other every day."

Ochs suggests using the three principles of being 'fit to love' as a major tool for keeping a long distance relationship strong. Those three principles are, "Mutual respect, moral responsibility and authenticity," she said in her article, Your Beloved Soldier Is Coming Home - New What!

If you, the reader, happen to be in a long-distance relationship and wonder what the pros and cons of this is for you, well, let me enlighten you on a few different things.

The Pros

BETTER COMMUNICATION

A long-distance relationship helps you get to know yourself and your partner better as you begin to keep in contact and express yourselves in different ways. For example, partners are able to write their thoughts out fully without interruption as some face-to-face relationships might hold. Partners of the relationship are then able to process their reactions longer and respond more thoughtfully and thoroughly.

Remember the importance of validating your partners feelings often, and making sure that you listen (for either one of you) is fully addressed and cleared up.

SELF-AWARENESS

As an individual (female), people in these relationships can become more aware of their surroundings and become more protective of themselves because they know there might not always be someone there to protect them from home intruders or lurking predators. This may also spur some individuals to take up a self-defense class, which, by the way, is a great physical outlet.

FOCUS

When absent partners leave a void in the lives of the other partner, it's a good time for the lonely to get out and focus on what goals they have set out to accomplish on their own. This is good time to get to know oneself and build a strong individual character. It's much better, more productive, and healthier than being depressed and sad. While being focused can bring people into the moment, this proves great for a quick reality check.

THE HEART GROWS Fonder

During long-distance relationships people have the opportunity to miss each other and in turn, desire each other more. For couples who are together everyday, they always get a chance like this and can begin to grow bitter or irritated by their partners. It's generally a good idea to have some time away from each other for at least several hours a day.

IF YOU'RE IN LOVE

If you're in love, or have a deeply shared love for one another, it doesn't necessarily make things easier however, it does make it easier to make the decisions that will result in the ongoing success of your long distance relationship, when faced with relationship obstacles. When referring back to the three principles of being 'fit to love' individuals in this position can see how crucial it becomes to follow these, which may be helpful in avoiding any unnecessary tension or arguments which may need a physical presence to dispel these unpleasantnesses.

Nonetheless, there are points to the upside of long distance relationships, including some that may often be mistaken or viewed as the downside.

The Cons

THE NEW FRIENDS

Especially when your partner may be around many single individuals who have no intention of creating a lasting relationship. There are thousands of good people to talk about so the minds and hearts of both people in the relationship are eased. If new friends become an ongoing problem and obviously distractive, to any party, from their desire to have a successful long distance relationship, then that would be the time to begin assessing the importance and relevance of those friendships in relation to the ultimate success of your relationship. There are thousands of people who support a lasting, loving, and successful long distance relationship.

OPTIONS

The options being referred to here are, of course, the option of having another partner, the option of having a local relationship, or the option of being in a long distance relationship and getting to know someone else more intimately. This is a very difficult truth but, if any individual in this position is strong enough to know their self, has a reasonably good level of self-esteem, and keeps busy (has a life of their own), then an outcome leading to a separation will not be as difficult. It will and can hurt immensely but it will not take as long for stronger individuals to get right back on their feet and back in the love game.

BEING ALONE

For some people, being alone is not something they want in life so therefore, they may have a partner, a spouse, a best friend, a roommate, a life partner, or so on. When communication stays open and remains constant, whether by mail, internet, or phone, this problem can subside over time. This would be a good time for the lonely to go out and make some new friends, business associates, volunteer or hang with family.

TEMPTATION

Dealing with the imperfection of animalistic and natural forces of life (i.e. fulfilling sexual desires/ reproductive needs) can be a struggle if temptation runs high, and your self-discipline and self-control are not a priority. This can be a good time to seriously pay attention to your sexual hunger or lusty appetite and, who you are around that makes you feel tempted. In the end, think first of the consequences and the outcomes you are seeking. If that doesn't work, then refer back to the principle of 'moral responsibility'.

EMOTIONAL ROLLER COASTERS

This can happen when an individual has a hard time occupying their own time to bring on a sense of self-satisfaction in his or her daily life. When viewing the world through emotionally rose-tinted glasses (due to lack of real, personal, physical, quality time), the individual might experience a less sympathetic self as a defense mechanism to sadness or might become more sympathetic when understanding a person in a similar situation. Long distance relationships may also cause individuals to become more sensitive to the human relationships they see on a daily basis.

The cons, many of which are brought on by insecurities, doubts, delusional thinking, frustrations, secrecy, lies, fear, a lack of communication ingredients, and many other reasons, can include many potential outcomes other than success.

Viewing these truths honestly can be very hard and very difficult for many individuals who are more likely to be dependent upon others (i.e. their mates) for happiness, and are lacking in a true sense of self-identity and self-esteem.

With a more fragile state of being, long distance relationships might become a challenge for these people, but if you are willing and able to make the relationship work and invest the time and energy that you can to make that happen, then it sounds like you just might be on the way to a healthy and happy, long distance relationship.

Do not discourage yourself, because there are plenty of other factors out there trying to do it for you. Ultimately, it is up to you and your partner to be successful in your relationship until you can physically be together. BE STRONG!
The House Bunny

Courtney Wood
Pacifican Staff Writer

The House Bunny is essentially a shallow comedy with a confusing message—it never fully suggests that women should be comfortable with their natural selves, but rather unsettlingly concludes that they should always at least half bimbo.

The movie tells the story of a playboy bunny named Shelly, portrayed by Anna Faris, who searches for a new family after getting kicked out of the mansion by a conniving rival bunny.

She stumbles upon the Zetas, a sorority of “misfits” who need a housemother and thirty pledges to save their sorority. Shelly steps in and saves them clever “tricks” to get a thirty pledges to save their sorority intact.

There is also the unexplained reason of the pregnant Zeta member when all the Zetas are deemed unpopular and inept in regards to interaction with the opposite sex.

The speech that Shelly makes near the end of the film is meant to give a feeling of conclusion, but it just leaves the audience confused.

Faris, who flaunts her half-naked, fit body through most of the film, does manage a few laughable one-liners, and the exorcist voice she uses to remember names is hysterical, but these are not enough to save this lacking comedy from feeling like an awkward rip-off of similar films.

As far this film is concerned, The House Bunny goes flatly-flop.

Game Night: Apples to Apples

Cristy Yadon
Pacifican Staff Writer

Not every Pacific student prefers to party every night of the week. If there isn’t a Pacific Athletics game or a Tiger Nights scheduled and you have seen every good movie in the theaters, what is there to do? Have a game night! A lot of college students tend to forget the appeal of board games until they dust off the old boxes and start to play again.

A great game to try is Apples to Apples. The game features word association in which each player gets seven Red Apple cards with various nouns and phrases on them, which can range from creative, humorous, or interesting card played. However, what is funny or creative to one person may be appalling or ridiculous to another. The better you know the people you are playing with, the better your chances of winning.

If you want to take the game a step further, a fun twist is to make your own categories for each round, rather than using the Green Apple cards. You can incorporate inside jokes and more personally appealing categories than just the general adjectives.

Whatever way you play, the game is rousing and hilarious. It is a great way to pass your chances with friends, and you might even learn a few new things!

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Music Review

**Do You Know**

Jessica Simpson

Abby Liao
Pacifican Staff Writer

If you’ve been keeping up with the latest celebrity gossip, you’ve heard about Jessica Simpson’s crossover to country music. Simpson’s first country album, *Do You Know*, debuted at number one on the Billboard Country charts.

As a pop music listener, Simpson’s *Do You Know* is not appealing enough to convert me into a country music listener.

Although the strum of the guitar creates a country atmosphere, the lyrics still contain elements of love, appearing in *In This Skin* and *A Public Affair*, her past albums. Her single, *Come On Over*, sounds like a booty call; Simpson sings, “Don’t slow down, don’t stop for gas, keep those four wheels spinning fast, just come on over.”

Simpson stated she wanted to do country music because she has been brought up around it, and wants to give something back; however, none of the lyrics provide evidence of this statement.

The one thing the album does accentuate is Simpson’s tender voice. Still, every track sounds the same. I agree with *Slant* magazine, who says, “Simpson operates in premade three modes as a singer: a mewing, whispered coo; a dead-eyed middle volume; and belting glory notes at full volume with a strained, unappealing tone.”

Sorry Jessica Simpson, but this album is not your *In This Skin* tender voice. Still, every track sounds the same. I agree with *Slant* magazine, who says, “Simpson operates in premade three modes as a singer: a mewing, whispered coo; a dead-eyed middle volume; and belting glory notes at full volume with a strained, unappealing tone.”

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Simpson’s first country album, *Do You Know*, was a commercial failure. While her past albums were number one, *Do You Know* was a flop.

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What is the ASuop Senate?

Raymond Zulueta
Pacifican Staff Writer

"Making decisions that can change the school and helping students to do great things," should be its mantra. Save for a few students, however, no one even knows what the ASuop Senate is.

The student senate, or the ASuop Senate, is an assembly that is run by students who control budgets for student programs and organizations at Pacific. It is a group comprised of nine senators, three officers, two commissioners, and two campus representatives.

There are elected senators from each school here on campus and there are also three senators at large who represent ties to the University. The President, Vice President, Treasurer, and Secretary, in addition to the other senators, are elected in the spring semester of every year in a school-wide election.

Their basic job as a legislative body is to delegate the ASuop budget to student organizations, clubs, and programs such as the Black Student Union, Recreational Sports, and other areas of student life.

The ASuop budget comes from a $100 charge that every undergraduate student gets at the beginning of each semester. The budget is about $700,000 a year. As powerful as the ASuop Senate campus is, it seems as though no one even knows that it exists, which is a potential problem.

When asked about ASuop Senate meetings, Freshman Yvonne Ramirez said, “I don’t even know what it is.”

Most students don’t know who their senators are, what they do, or when the meetings are held. They are not informed about how money is spent. In my personal experience, there are never more than two or four students who have official business with the senate in the meetings, which tells me that the students on campus are blind to the things that go on around campus, or they just don’t care enough to do anything about what does go on.

“If I knew when and where senate meetings were I would go, because I think that it’s important that as many people who can, should go. They made extremely important decisions,” said Ramirez.

It is not completely the fault of the student body though. Somewhere in all of this, one has to ask the question: Why doesn’t the senator of my school inform us about what the senate does, or what changes can come from people actually going to these meetings?” Remember, words are power.

Late Night Snacking: Doing it the right way

Elizabeth Croisetiere
Pacifican Staff Writer

It is 12:00 a.m. in Stockton and a good number of students are still awake, engaging in a late-night snack. It doesn’t matter which day of the week it is—many students enjoy late-night meals. Unfortunately there are side effects for this snacking trend.

Many students do not realize that drowsiness and weight gain are consequences of their late-night snacking. A study, done at the University of Texas Southwestern Medical Center, found that eating late at night tells the brain to crave food during the early morning hours, as opposed to regular meal times. This causes many college students to pump themselves up with caffeine throughout the day because of the side effect of drowsiness associated with the lack of sleep.

Late night eating can have a domino effect that leads to many unhealthy food choices and habits throughout the day. If you must engage in late night eating, then there are many choices to choose from. Of course, some of them are healthier than others. When polled, some of Pacific student’s favorite late night eateries include The Lair, Denny’s, Taco Bell, Jack-in-the-Box, and In & Out. None of these places are particularly healthy, so unless you plan on grocery shopping and eating in late at night which items on these menus are healthy for you.

For instance, the Lair has many sports-bar-type snacks and although these options are amazing for late-night snacking, they are all too high in calories. Instead, try a pre-made salad with a moderate amount of dressing.

Denny’s is probably the healthiest of the options. Unfortunately, after hours, Denny’s features a condensed late night menu that has limited options. Try a bowl of clam chowder and a side salad. If you haven’t eaten dinner yet, try the Grilled Chicken with vegetables, the Grilled Chicken Sandwich without dressing, or the Center Cut Sirloin with eggs and no sides.

Another usual hot spot is Taco Bell, great because of the inexpensive fast food. Sadly, this tempts us to buy more. There are several low-calorie options, such as a taco or pinto and cheese.

Jack in the Box has amazing shakes, but those are not healthy and probably will not fill you up. Instead, munch on a beef taco, seasoned curly fries or an egg roll.

In & Out has many options, but for a late-night snack, stick to one of their less heavy meatless options. Try the grilled cheese sandwich with light grilled onions.

With so many options, there are many ways to stay healthy— as long as the snacking is not habitual and done in moderation. Late-night snacking is unhealthy if done too often, but with busy schedules it sometimes cannot be avoided. Try to order light. Most places have nutrition information posted online, so decide ahead of time—just do not make it a habit!
Rachel Freeman
Pacifican Sports Editor
pacificansports@pacific.edu

Rec Sports:
Week 1 Power Rankings

Bryan Lenz
Pacifican Rec Sports

**FLAG FOOTBALL**

Men's A:
1. Not Approved by Housing - Need to stay strong in the trap game vs. Red Raiders this week.
2. Pike - After a big win last week, Pike looks poised to be 2-0 entering their 10/6 matchup with Sigma Chi.
3. Red Raiders - 3rd round default based on their experience playing at such a high level.
4. Hard Knocks - Big come from behind win, but the real test comes on Thursday vs. Pike.
5. Brookside Guys - Tough loss to Hard Knocks has to have them down.
6. Grid Iron Gang - They have less raw talent than they were originally hyped up to have.

Men's B:
1. Juice - Anything short of a championship could put Martin on the hot seat.
2. N'Debt - Pataria and Rose have carried the load mightily for the departed Pters.
3. Bulldogs - The loss of Zanini may be a positive.
4. My Vick in a Box - Weiss can't get over the fact that the field isn't shaped like an octagon.
5. Skullyz Cuz - Pike is lacking the passion of past years.
6. You're Not Down - Team doesn't have an offense to speak of.

**REC**

1. Border Patrol - 40-7 win vs. Bama affirms their number 1 spot in C league.
2. We're Weymass - With two new receivers, Miles may actually throw the ball more than twice.
3. Piranhas - Close loss to Border Patrol 6-0. They could not get the offensive game.
4. Twilight Years - Beat up on the 09ers. Theta Chi should be roughly the same.
5. Moo Ja "hey" Dean - Should be a down to the wire game vs. Eiselein on Wednesday.
6. 808 Bros - Great win posting a shutout vs. Rusty Anchors, who forfeited the game.
7. Eiselein- First game jitters could pose problems for them vs. Moo Ja "hey" Dean.
8. Bama - Big loss to Border Patrol caused a QB controversy late in the game.
9. Xi Chi Sigma - In the weakest C league in recent years, Xi Chi Sigma could make the playoffs.
10. Kings of Mediocrity - Slow start vs. Rusty Anchors; cannot do that on Wed.
11. 09ers - Best pass rusher went to hospital in last game. They need her back to take care of Kings.
12. Rusty Anchors - Most likely will not show up to any of the rest of their games.

**Co-Rec**

1. 21st Amendments - Win over Duck Fat has Pike thinking championship.
2. FITFO - Laskey's trick plays give them an edge over almost any other team.
3. Hawaiian Style - Hawaii has a very winnable warm-up game this Thursday.
4. Duck Fat - Team could miss the playoffs due to a difficult schedule.
5. Alpha Phi Omega - Not known for their sports teams in the past, but their experience has them so high.
6. Ding - Caleb does a great job scrambling and spreading the ball around.
7. Collateral Damage - Pretty good talent, but they need to learn the strategies in a hurry to save their season.
8. Phi Delta Chi - They are unlikely to win a game unless they can go out and get a QB.
9. You Wish You Were Us - Girls can catch, but they have no playmaker guys to complement them.

**SOFTBALL**

Men's A:
1. 808 Sluggers - Team shows no signs of weakness.
2. Honey Nut Ichiro - Chira- Sigma Chi needs to find their bats.
3. Pike - Team lacks a true leader.

Men's B:
1. Soft Ball - An offensive juggernaut.
2. Bulldogs - Apparently the softball talent runs deep in DU.
3. Juice - Consistently inconsistent.
4. SIFIOLIA - At the hands of Juice is the biggest surprise of the league.
5. Twilight Years - Season may be a lost cause.
6. Rhino Class & Then Some - An impressive first week for Pike.
7. Homerun Hannahs - These ladies can hit the ball as well as anyone in the division.
8. Master Batters - A wide open division gives these scrubs a chance at a shirt.
9. Soft Ball - An epic collapse against HH deservedly drops these guys to the bottom.

**Rec**

1. Hawaii Islanders - Outscored opponents 41-8 during first week.
2. FITFO - Strong lineup but may not have the firepower to stay with Hawaii.
3. 09ers - A shoe-in for the playoffs.
4. Xi Chi Sigma - In the weakest C league this year, Xi Chi Sigma could make the playoffs.
5. Kings of Mediocrity - Slow start vs. Rusty Anchors; cannot do that on Wednesday.

Elizabeth Crosettiere
Pacifican Staff Writer

Niquel Garcia has more to look forward to this school year than graduating. Niquel is busy enjoying her last year at Pacific, but always makes sure to devote enough time to her passion: skating. In 1991, at the age of six, Niquel began skating and competing. Skating piqued Niquel's interest when she was a young girl, her mother and aunt are both former competitive roller skaters.

As a child she enjoyed looking at their pictures and trophies and decided to come and see some of her own. She has kept with the sport for the last 16 years and in 2005 she was accepted as a Team USA member and 2005 Bay Area League Skater of the Year. Last year she was once again granted the honor of becoming a member of Team USA 2007. This was her third time being accepted to the World Team.

The World Skating Competition is an exciting event for Niquel because it is the Olympics of her sport. So far she has traveled to Rome, Italy and Austra-

San. This year she will be visiting Kaoshiung City, Taiwan.

She currently practices skating at the Roseville Skate Club with her coaches Barbara and Ed Bolton. A typical day of skating for Niquel starts with a two-hour-long drive to the rink. Once at the rink she practices loops for an hour. Then she practices figures, which are the larger loops, for two hours. Niquel spends all of her spare time on the rink studying hard a Pacific. She chose Pacific because it was the largest school with the least number of skaters in her area. She used to commute to Stockton from the Bay Area to skate every week. The frequent trips to Stockton made Niquel learn about Pacific.

Melissa Davis, an alumnus of Pacific and fellow skater, encouraged her to apply. She graduates this year with a degree and teaching credential. She is a tutor for students and is a member of Alpha Phi sorority.

At her Roseville rink the young skaters look up to her and is filled with a sense of accomplishment and pride. She intends to keep practicing and skating for as long as she can.
The Stories Behind the Stars

Rachel Freeman
Pacifican Sports Editor

In the area of college athletics, the athletes typically get all the glory. It's rare when the coach gets attention for being successful because most coaches like to keep the spotlight on their players. While some transcend this and make a name for themselves beyond their team, most do not. Like the athletes who play for them, coaches have their own stories too. Two college basketball coaches, Kay Yow and Don Meyer and Pacific's own, former baseball coach Jim Yanko, have had their fair share of tough times.

Kay Yow is the Women's Head Basketball Coach at North Carolina State University. While coaching basketball in 1987, Yow was diagnosed with breast cancer. The cancer went into remission, but in 2004 it returned. While going through chemotherapy, Yow continued to coach on the sidelines. Unfortunately, the cancer continued to get worse and she took an indefinite leave of absence from the team in Nov. 2006. Jan. 22, 2007 marked a significant day for Yow. She returned to coaching at NC State, even with no hair on her head and still feeling ill from the chemotherapy. Her strength and dedication to Women's Basketball and College Athletics in general led to her receiving ESPN's coveted Jimmy V award in 2007. This award is given out annually at ESPN's ESPY awards to sports figures who demonstrate perseverance in the face of adversity.

All of this about Coach Kay is remarkable but it gets better when you hear her stats. Coach Kay is one of only six Division 1 Women's Basketball coaches to reach 700 career victories. She has coached more games in the Atlantic Coast Conference (ACC) than any other coach, and she has been able to guide her teams to 20 NCAA Tournament appearances. 11 Sweet Sixteen appearances and a trip to the Final Four, all while battling a deadly disease.

Don Meyer, the Head Men's Basketball Coach at Northern Illinois University in South Dakota, has a different story. On Friday Sept. 5, 2008 Meyer was in a terrible, five car crash in which he was hit straight on by a semi-truck. He broke ribs on his left side, had multiple fractures in his left leg, and doctors were forced to remove his spleen and part of his intestines. While undergoing surgery, doctors discovered he had cancer. He has had to have a leg amputated, and doctors now do not know how to proceed. Meyer has been coaching college basketball for 36 years and has amassed 902 career victories. Even with all the setbacks, Meyer plans to be to on the sidelines for his team's first game of the season, Nov. 18.

Jim Yanko, a standout athlete while a student at Pacific from 1986-1991, became an assistant coach for the Men's Baseball team. In 2003, he was diagnosed with terminal brain cancer and told he only had one year to live. He endured a four-hour surgical procedure on his brain to extract as much of a golf ball sized lesion as possible. While still only given ten to twelve months to live, Yanko remained positive and five years later he is in remission. His successful coaching led to the Pacific pitchers setting a school record for most strikeouts in a season with 414 in 1997. While Yanko did not return to coach the Tigers this season, he will be known for his determination and courage for battling cancer and coaching at Pacific.

While everyone always hears about athletes and their dedication and persistence to the game, the coaches also possess perseverance. Most of the time, they go about their day-to-day business without anyone knowing what they are going through. They do not want to take the spotlight away from their team. But sometimes it's good to recognize the person who most college athletes note as one of the most influential people in their lives; sometimes it's good to recognize where they've come from.

Athlete Profile: Katy McDonough

Vivian Lee
Pacifican Lifestyles Editor

Hailing from Ventura, Ca., Katy McDonough exudes grace, toughness, and determination on and off the field. A junior, McDonough manages to enjoy both the intense field hockey practices during the week in conjunction with the demanding biology and chemistry courses of her pre-pharmacy program.

Her greatest accomplishment so far at Pacific was successfully passing Organic Chemistry and Biology, while pledging a professional fraternity and still participating as a player in field hockey. What willpower!

McDonough has been playing field hockey since she was 8. She continues to play because of the competition and says she likes being a “beast” in her own world.

Off the field, McDonough is just a normal college student who loves to eat Good N' Plenty's and Twix, listens to pop, R&B, and oldies, and eagerly adores the Girls Next Door.

Although she would like to just do nothing, McDonough has high hopes to finish and pass all her required courses as well as make it into the pharmacy school next year. Nonetheless, she loves playing field hockey with her teammates, or as she puts it, “Bombi!”

No picture of McDonough found available at time of production.

Pacific Women’s Softball Hosts Tournament

Alex Ruano
Pacifican Assignments Editor

Pacific’s Women’s Softball team’s 2008 Fall Tournament is just around the corner. Nine teams from across Nevada and California will converge in Arnaz Park in Stockton on Saturday, October 4 and Sunday, October 5.

Photograph courtesy of Athletics Media Relations

The tournament will start at 9:00 am on Saturday and continue through Sunday evening.

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DeSean’s Sports Update

Lance Martin
Pacifican Staff Writer

Thanks to all the people who came out for my birthday. I write for y’all.

NFL

Kurt Warner starting over Matt Leinart is like going to Pacific’s pub and ordering a Coors Light from Henry, Nicole or Freddie, when Blue Moon is also on tap. Arizona is basically telling Leinart, “You’re good, but you still suck compared to a dude who used to bus groceries for a living and is two years away from joining AARP.”

It’s a love/hate relationship with J.T. O’Sullivan. The same love/hate relationship I have with M.I.A.’s “Paper Planes” (It was a great song a year ago and now it’s just overplayed, thanks Pineapple Express) and Jamba Juice (One makes you Angry [because you want another one] and Two makes you Sick [because you had too much]).

I bet you are probably kicking yourself in the knee for having Ronnie Brown on the bench this week for your fantasy team. Don’t get mad; Predicting that Ronnie would have a five touchdown game is like predicting that the Patriots would go 18-0 and lose in the Super Bowl to Payton Manning’s little brother. Not even Miss Cleo could call that.

NBA

Nobody is surprised that this year’s fraternity parties are weaker than a Smirnoff Ice, so is anybody really surprised Michael Beasley was involved with the incident at the NBA Rookie Transition Program with Darrel Arthur and Mario Chalmers?

And the craziest statement ever said in the last decade since Rick Solomon said, “[expletive] your phone” goes to Josh Howard, for saying, “The Star-Spangled Banner is going on, I don’t celebrate this [expletive], I’m black ...

MLB

Francisco Rodriguez breaking the save record isn’t that crazy. Of course you’re going to get 58 saves when you have 64 opportunities and your team leads the league in wins. That’s like going to the Playboy Mansion to pick up a companion; of course you are going to get laid with so much trim at the spot. (FYI, Mariano Rivera has 3 saves in 38 save opportunities.)

Again, what gives Jeff Foxworthy the right to talk about MLB playoffs? The only thing he can do is adults know fifth graders are smarter and make us laugh.

R.I.P. YANKEE STADIUM

COLLEGE FB

I’m a man, so I don’t talk about other people’s moms and nobody should ever talk about my mom’s Period. So sorry to all “The” Ohio State alums for last Saturday, but the Trojans like their Buckeyes the same way my mom likes her salmon: Smoked.

The LSU-Auburn game was so intense; I was tired after sitting on my couch and watching the game in three and a half hours. Expect to see this game next week at 1:00 a.m. in the morning on ESPN Classic.

I will guarantee West Virginia a win next week if Bill Stewart lowers his waistline by over a half a foot. Pat White is probably thinking what happened to the team around him. Oh yeah, Rich Rodriguez.

Joe Paterno doesn’t call the plays on offense or defense. Actually I don’t know what JoePa does except yell at the referees and try to get the all-time win record. So I’m not sure what JoePa did for the whole game when he had to sit in the coach’s booth due to knee problems, but at least it’s an easier exit when nature calls. Get better JoePa.

Congratulations Men’s Water Polo! They are currently ranked 14th in the nation. The next home game is Oct. 5 at 1 p.m. at the Kjedsen Pool.