CWC provides for sexually active students

By Priscilla Park
Staff Writer

In regards to practicing safe sex, many students on this campus are unaware or are apathetic to the many services that our University provides.

When asking students if they are aware of what services Pacific’s Cowell Wellness Center provides in regards to birth control, PCP (post-coital pill, or the “day after” pill), blood work and STD screening, most did not seem to have any idea.

According to the Wellness Center’s front office manager, Kim McCormick, “for $120 per semester every student has access to health services, and counseling services. We coordinate with the student’s primary care and have a MB, a nurse practitioner, and two physician assistants on staff. We give physicals, female exams (pap smears), blood work, and STD exams.”

Health Care Professionals strongly recommend that women over the age of 18 have yearly pap smears to insure good health for both themselves and their future or current partners.

Condoms are also provided at the Wellness center, although students can only receive them in the exam rooms with a consultation. Previously they had them in the lobby, but due to high school students coming in and helping themselves, the center decided to change the process. Now, students should come in and ask for them during a consultation.

It is easy for people to get what they need at the Wellness Center, and more people should go and check out what the center can do for them.

Hours:
Health & Counseling Services
Fall and Spring: Monday - Friday, 8am - 6pm

Condons in the student store...

BRILLIANT!

Summer: Monday - Thursday, 7am - 4pm; Friday, 7am - 1pm
Counseling Services - After Hours
After hours on call counselor accessed through Public Safety
(209)946-2537
Health Services - Advice Line
Nurse advice line to all enrolled students when health services is closed or when a provider is unavailable by calling
(209)946-2315
Student Victim Advocate
Fall and Spring: 24 hours, 7 days a week on call (209) 946-2429
Summer: Contact Public Safety at (209) 946-2537 for assistance
The Wellness Center is closed on weekends, holidays, and Pacific designated seasonal days.
End of alcohol
By Allison March with contributions from Erin Birmingham
Staff Writer and News Editor

Have you ever been shoved into a room for holding an alcoholic beverage? Given the option, “finish and leave, or drink it and stay?” Well the reason behind this in-room drinking policy is that Pacific is a dry campus. This means that only people of age to drink, may drink, and they may only do so in a private room. Thus, no drinking in hallways, no drinking outside, and definitely no drinking out your window, that is, if drinking out your window is something you get the urge to do.

People seem to be a bit confused in regards to what a dry campus is.

When asked what ‘dry campus’ meant to her Mindy Kleitzman said, “students cannot drink unless they are 21”. Well, that’s life isn’t it?

Andrew Westbrook believed that it meant, “our school does not condone the use of alcohol”. And Bhoomi Shah thought that, “alcohol and smoking are not allowed on campus at all”. In regards to that interpretation, our campus is NOT a smoke free campus. If it were then you would find a bunch of people gathered 20 feet away from every building taking drags and cursing because the twenty foot walk was so uncalled for. And, if she is not refereeing to cigarettes, well, that’s life isn’t it?

According to the University of the Pacific Web site, ‘dry campus’ means that “abiding with the law only students 21 and older are allowed to possess and consume alcohol”.

According to the Tiger Lore, “consumption of alcohol or possession of an open container in the ‘public areas’ of the campus is not permitted by individuals regardless of age.” Anywhere other than your personal bedroom is a ‘public area’. Thus, swaying out your window like a drunken pirate with a fist full of XXX is NOT allowed. Sorry.

However, Pacific has not always been a dry campus. Pacific seniors remember a much different party scene. They remember a time when people had kegs on the laws and walked around campus with whatever drink they chose.

Lauren Swanson, a senior at Pacific reminisces, “It used to be so crazy.” This all changed when Julie Sina became vice president of student affairs. Now, the rules are that only individuals of legal drinking age can possess alcohol on campus and can only drink it in a room with the door closed.

RIP days of drunk powered sea-saws, we drink to you.

Abstinence Only “Sex” Education
By Erin Birmingham
News Editor

Two months ago the Bush Administration allocated $170 million to go to Abstinence-Only Education in public schools, a $30 million increase, but $100 million less than he requested.

Abstinence-Only Education has been taking a lot of fire due to a lack of evidence in regards to whether it helps effectiveness of condoms in preventing STD and HIV/AIDS transmission, the consequences of abortion, and ways to prevent pregnancy. Authors of the texts argue that researchers are taking things out of context and misinterpreting the facts.

Still, while the nation’s teenage pregnancy rate is declining, young people 15 to 24 account for about half the new cases of sexually transmitted diseases in the United States each year.

I surveyed 53 University of the Pacific Freshman, Sophomores, Juniors and Seniors, and found that abstinence-only education might not be as necessary as we think, and that it does not seem to be the method of education that students desire. I asked all 53 students to anonymously answer the two questions:

# 1.) Did they have sex while they were attending high school?

# 2) Do they think abstinence-only education is a good idea?

# 3.) Are they or are they not currently sexually active?

The Results:
Tipsy Taxi vs. STRIPE

By Bonnie Lucero with contributions from Erin Birmingham
Staff Writer and News Editor

"Yeah, I've done it a few times," professed an anonymous student when prompted about driving under the influence. Another student, not even of age yet confessed to the same abhorred judgment failure, "I drove home from a party just the other day, I was a little tipsy, but I still felt a little shaky behind the wheel."

People should never drive after they have been drinking. If you are of age to drink in the state of California it is illegal to drive with a blood alcohol level above .08%, and .01% if you are underage. Not to mention, the fact that it is dangerous and the cause of nearly 17,000 deaths each year. What can be done to prevent University of the Pacific students from driving drunk? Possibly, some form of off campus, free, school provided transportation.

UC Davis provides their students with the Tipsy Taxi. The Tipsy Taxi can be called, and used free of charge. On our campus we have STRIPE (Student Trained Resources for Interior Patrol), which is "a student program created to promote safety and security" (as described by the University). However, STRIPE will only provide students with a way to get around campus.

Within the past 4 years Pacific has become a dry campus, and as a result, a lot of students drink away from campus and then drive back at the end of the night. Some form of transportation should be provided by the school, in order to prevent this. Even some high schools, such as St. Francis in San Jose, provide a form of such transportation.

"The program is run through the school with the help of student volunteers. I don't know that much about it but I know it existed," said Graduate of St. Francis, and Pacific freshman Kelsey Lynch.

UC Davis, and St. Francis's transportation programs are just two examples of what Pacific needs. Such a resource may be costly but in the long run it could improve public safety.

Questions?
Comments?
Concerns?
Make your voice Heard!

Send letters to the editor to:
pacificaneditors@pacific.edu

Top 20 Party Schools according to Princeton Review

1. SUNY at Albany
2. Washington and Lee University
3. University of Wisconsin-Madison
4. West Virginia University
5. Ohio University-Athens
6. Florida State University
7. The University of Texas at Austin
8. University of Georgia
9. University of Colorado, Boulder
10. University of Mississippi
11. University of Florida
12. University of California-Santa Barbara
13. University of Massachusetts-Amherst
14. University of Oregon
15. Indiana University - Bloomington
16. University of Vermont
17. University of Tennessee - Knoxville
18. Seton Hall University
19. Louisiana State University
20. Penn State University Park
By Mikey Vu
Lifestyles Editor

Everyone knows that sex, drugs, and rock and roll, are three integral parts that should be included on every rocker's itinerary. From the decadent lifestyles of the hedonistic 80's hair rockers like Tommy Lee, or, the drug and alcohol filled binges of Ozzy Osbourne and Black Sabbath. Rockers know how to live the good life and when given the chance, they will always exploit it to the fullest.

But as everyone knows, there can always be too much of a good thing. Often times, these troubled rock stars use their lifestyle as an escape from their own personal demons. While we lament the deaths of great musicians like the suicide of singer/songwriter Elliot Smith, or the sleeping pill induced coma of Nick Drake, heroin overdose of Bradley Novell of Sublime, or even the unexplained drowning of Jeff Buckley, there are some musician's whose deaths almost shadow the legacy of the work they left behind. The most influential of musician's are part of the "27 Club," where there are very little rules to join. It's a fairly simple concept, the 27 Club is a group of musicians and artists who gained respect, wealth, and power at young ages but ultimately lost it all as fate would have them die at the age young age of 27.

Perhaps the most talented of the members of this group was Jimi Hendrix. An almost mythical rocker who learned to play the guitar upside down due to being left handed, his guitar solo at Woodstock was immortalized in almost every rock magazine ever. A virtuoso on the guitar, he played with such skill that he was able to make it wail with sounds that had never been heard before. The key member of The Experience, Jimi died after a heavy night of drinking in which he accidentally consumed a plethora of sleeping pills which he mistook for his medicine.

Janis Joplin, the gravelly voiced female icon of the late Sixties: She fit no standard of beauty yet exuded a raw sensuality that mirrored a movement which rejected societal standards by creating its own. When Janis Joplin arrived in San Francisco, in 1966, the year before the Summer of Love, its music scene was already in a hazy post-Beatles hippie whirl. The youth flocked to the Bay area by the thousands, searching for identity, reason, justification, and maybe something as simple as acceptance. So is the irony of all the iconic Sixties stars, Joplin and Hendrix included: their desire for acceptance was at the heart of their rebellion, and that their ultimate embrace by the masses came about because of this rebellion. The sad part

See CLUB page 7


Bongo Stomp

By Bonnie Lucero
Staff Writer

On Saturday January 23, at 4pm, approximately 80 people filled the Bechtel International Center to enjoy and participate in Bongo Stomp, a multi-cultural gathering put on by residence hall Casa Jackson.

Students enjoyed two wonderful performances as well as an incredible amount of food from many different heritages. The first to perform was an ensemble of four dancers from the Kilusan Filipino Club. Mark, Mark, Charlene, and Rong, the performers were dressed in vibrant orange, red, and yellow traditional Filipino outfits. While the couple of Mark and Charlene danced rhythmically, Mark and Rong kept time with long decorated poles which they clapped together.

It was a preview of Filipino Culture Night in which the Kilusan Filipino club puts on every year, stated Mary Lou Bagus. The event is set to take place in Faye Spanos Concert Hall April 2, 2005. Bagus also mentioned that Kilusan’s motto is “Need not be Filipino to apply”

“The Filipino dance was very cool. They did a good job of representing the culture,” Shali Nguyen remarked. Wild applause after the performance indicated that the crowd agreed with Shali that the performance was fabulous.

Eddie and Misina performed next. They represented West African Culture with Misina singing a traditional Nigerian song with lovely tone while explaining what it meant. Eddie read a story about a tortoise, and similar praise was awarded to the performance affirmed by deserving applause from the audience.

Between performances students enjoyed an abundance of food, including burritos from Chipotle, Chinese noodles, rice, vegetables, bagels and Cream cheese, salsa and chips, as well as a variety of beverages. It was obvious that no one left hungry.

The atmosphere was filled with harmony and excitement. Many people were able to acquaint themselves with not only other cultures, but also with new people, making friends and enjoying a great event.

It was quite apparent that Casa Jackson seemed to have succeeded in throwing together a wonderful evening.

Photograph by Amanda Dapelo

Horoscopes

Aquarius
1/19-2/18
Better to risk embarrassment than to always wonder what might have been.

Pisces
2/19-3/20
These days, your speed is less important than your ability to change direction.

Aries
3/21-4/19
The routine of your life has subtly shifted. This is a move in the right direction.

Taurus
4/20-5/20
You have better things to do than worry about old issues. Get back on track.

Gemini
5/21-6/21
You aren’t the only one with a stake in this decision. Let others have some input.

Cancer
6/22-7/22
You aren’t Switzerland. You can’t be neutral. It’s time to stake out your position.

Leo
7/23-8/22
This time, your heart can’t be trusted. Look to your friends for answers.

Virgo
8/23-9/22
A favor may seem small, but their gratitude will be huge. Don’t put it off.

Libra
9/23-10/22
You don’t have to have the spotlight. Let someone else have a little attention.

Scorpio
10/23-11/21
A friend has bailed you out again and again. Now it’s your turn to return the favor.

Sagittarius
11/22-12/21
You’ve cleaned the house. You’ve paid the bills. Now look at the bigger picture.

Capricorn
12/22-1/19
Make your point fine, but don’t force the issue. Wait for them to come around.

Aquarius
1/19-2/18
Better to risk embarrassment than to always wonder what might have been.

Pisces
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Sagittarius
11/22-12/21
You’ve cleaned the house. You’ve paid the bills. Now look at the bigger picture.

Capricorn
12/22-1/19
Make your point fine, but don’t force the issue. Wait for them to come around.
Want to kick start your sex life? Add a little spice to regain his interest. Lingerie is your answer. Whether you buy a sexy teddy or a cami and boy short combo, lingerie is sure to make your guy sizzle with desire.

Costumes are a kinky way to get your man to skip class or step away from the video games, with options like the ever popular French maid or cop costumes there are a multitude of ideas to keep him interested.

With Valentine's Day right around the corner, many guys and gals will be hitting the malls to pick up that little something special to make the night memorable. If you are thinking about picking up some edible undies however, step away from the box. Please do not think that edible clothing is anything but trashy.

Red is a popular color for intimate apparel, however, this is not a flattering color for most. When in doubt, go with black or, my personal favorite is baby pink. Getting something in his favorite color might be a good way to go but just remember you want to make yourself look as good as possible.

Why stop at just lingerie? Fuzzy handcuffs and massage oils are great additions to even the coldest night in Stockton. But boys, please do not get carried away.

So the next time you decide to get busy, think about fulfilling his every fantasy and make a stop by Victoria Secret.

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about it however, is that the so called rebellion usually followed rejection. That was something Joplin knew deep down inside of her soul. After getting her hands on an extremely pure batch of heroin, like the many great rockstars before and after her, she overdosed in true fashion. Once again removing a shining star from the pressuring light of society.

Jim Morrison, the legendary singer of The Doors, died at 27. Although his death is officially classified heart failure, many believe that he unsurprisingly overdosed. His death has been argued over immensely and it is now believed (as reported in Patricia Kennealy’s book, as well as Jerry Hopkins’s book The Lizard King: The Essential Jim Morrison) that Jim’s death was indirectly caused by his wife Pamela. Whether doped up herself or not, Pamela reportedly allowed Jim to snort up a large quantity of heroin, which he believed to be cocaine. This sudden ingestion of such a large quantity of a drug he had never used before led him to hemorrhage internally. His body into a state of shock, and eventually led to the heart attack which killed him.

Kurt Cobain, lead singer of the band Nirvana, helped push away the decadence of the 80's metal bands and made way for a new type of music, grunge. Born out of Seattle, Nirvana and Pearl Jam not only put an end to generic crap like White Snake, but fueled the new flannel based genre for over half a decade. Cobain was a heroin addict who indulged drugs throughout the conception of the band and the conception of his daughter.

Cobain wrote Neil Young’s famous line at the end of his suicide note, “It is better to burn out than fade away.” The irony in the statement rang clear when he shot himself in the head, ending not only his own life but the reign of grunge. Perhaps the only member of the 27 club to actually have knowledge of its existence, after his death, Cobain's mother was quoted as saying, “I told him not to join that stupid club.”
If you’re ready to apply your knowledge and skills in the post-graduation job market, then toss your hat in with State Fund. State Fund, the leading workers’ compensation insurance carrier in California, is interested in graduates seeking opportunity and stability. We offer a wide range of positions throughout California, plus an environment that will foster your continued growth. At State Fund you’ll find exceptional benefits, professional training to expand your horizons, and many advancement possibilities. Learn how you can join us by visiting www.scif.com or by contacting Human Resources at 415-565-1722. Then launch your career with State Fund and rise to new heights.

Anthony Johnson
(senior)
“At the sunkin field by the softball field”

Andrew Trapani
(senior)
“Probably in the Grace study lounge”

Ashleigh Mason
(freshman)
“Under the clock tower by the school of education”

Anonymous...
“Right in front of the presidents office on the benches”
“Behind the desk in the front of Southwest”
“I saw people having sex in front of the library”
Inauguration decadent, speech ominous

By Suzanne Vybornev
Guest Writer

While we may all have varying opinions about the Bush administration and the beginning of his second term in office, I doubt many would say that an estimated budget of 40 million dollars (not including security costs at the variety of events) would be better spent on the troops fighting in Iraq or on relief worker aid resources for tsunami victims. In a time of war and disaster, the man who we, as American citizens, elected (for real this time), doesn’t let little technicalities like international crises affect his attendance at nine inaugural balls. Not only has President Bush failed to tone down his inaugural festivities to pay respect to the current state of distress in the world, he has even been criticized in his lack of aid to tsunami relief funds.

In his speech, President Bush said, "We defend ourselves and our friends by force of arms when necessary." By that does he mean he will defend his fellow countrymen by carelessly allowing them to suffer and die, while he is being entertained by the likes of Ricky Martin, Hilary Duff, Andrew Lloyd Weber, Destiny’s Child, Wayne Newton, Charlotte Church and ZZ Top?

According to the Los Angeles Times, inaugural planners did query how they were to pull off an inauguration that was a festive event befitting a President of the United States, and also somber and subdued enough to be respectful towards those overseas. Trying, though apparently not too hard, inaugural planners said the festivities were justifiable because the theme of the 55th inaugural celebration is freedom and honoring the armed forces. Again I ask, if you were a soldier overseas, how much honor would you feel knowing your President has taken funds that could have been used for you, in order to pay for ridiculous frivolous partying? Even Stockton's own Alex G. Spanos donated approximately $250,000 to the inaugural bash and that’s only a small percentage of the donations received.

What I would like to ask the various celebrities, wealthy private citizens and corporations who donate thousands of dollars to President Bush’s 55th inauguration, couldn’t they just this one time not include the inauguration in their budget? President Bush’s excessive inauguration budget has even been drawing fire from his fellow wealthy Republicans. At a time when even so little could afford one person so much, can’t we cut the consumerism and selfishness and recognize that celebrating President Bush’s second inauguration doesn’t stop time? Even when the party is over, the rest of the world will still be waiting for relief.

A physical and emotional success story

By Deborah Graham
Guest Writer

Hello. Let me introduce myself. I am a girl you might have seen around campus, walking to class, going to the gym, going out with friends; the normal college stuff. But I wasn’t the same person you might have seen a year ago. You would think that losing a little over one hundred pounds is life-changing. It is monumental to say the least. Let me tell you my story.

In October of last year, I had an eye-opening experience. I was in Geology Honors (I was insane!) and we had a three-day fieldtrip to Yosemite. It was beautiful, and breathtaking when I first laid my eyes on the valley. Yet, I couldn’t enjoy myself like I should have. All I could think about was the endless walks that my ankles were not able to take because of the excessive weight. I dreaded the hikes each morning when I woke up and I began to hate the fieldtrip. Near the end of the trip, we drove out of Yosemite and visited “Devil’s Punchbowl,” this really cool crater made by an explosive volcano. We climbed down into the crater, which was no problem at all. When I got down into the crater and realized I would have to climb back out, I was scared. I didn’t think my body could take it!

The extra hundred pounds wore down on me, on my
legs, my lungs, everything. It took me nearly a half an hour to climb out, when everyone else breezed up in a matter of minutes. When I finally got to the top, I started to sob. Not only because I was finally out of that damn crater, but because I was so embarrassed that all my classmates had seen me struggling up the side of this crater. I vowed never to go hiking again!

January of last year was both crucial and damaging for me. Someone I was completely in love with told me because I was fat. Yes, fat, F-A-T, those three little letters calling or associated with in any way. I was determined to fix myself, to repair the damage that my heart was enduring. I wanted to be thin!

My quest was not easy to start. Going to the gym was awkward and I didn't really know what to do with myself when I was there. I constantly looked at the thinner girls there, who were not obese and I compared myself to them. I felt out of place; the gym was not a fat girl's style, my eating habits and I started to slowly blow up over the years. I had a bad home life.

We lived on welfare, my mom was abusive and my father was in and out of prison for drugs. My mother would beat me and call me "fat," "ugly" or "lardass," and she slowly took away my self-esteem. The more she took away, the more I ate trying to fill that void within me. I know this sounds cliché but food was my only real friend. Food didn't call me names, food didn't beat me and food didn't hurt or make me cry. No matter how much I ate, though, it never quite could fill that black hole of sadness inside of me.

When I hit my all time high, (which I won't disclose) I fell into society's ideals on beauty. Those damn magazines I used to read cover to cover, and the TV shows filled with size-two women who get all the men. I stepped and looked at how my life had changed.

I was skinny, and people started to notice in a way that I had never been treated differently by people. Before at work, when I would greet people at Tiger's Grocery, they would not even make eye contact with me or talk to me when I would chimp, "Have a nice day." Now, the same people will look at me and say something back to me, who would've guessed? Not only that, I get more attention from boys. I have been asked out, something that never happened before! I have been hit on, flirted with, and whisked at.

You're probably thinking all this would finally appease me; I should be happy with myself, right? That's not as it seems, I'm sorry to say. I am saddened to think that in the past, my weight stopped people from getting to know me, getting to know the sweet friendly girl I was under the fat. Through all of this, I have learned that even though I am thinner and I look good, I am healthier, physically and emotionally. I am no longer worried about how my body is health-wise and not just physically. I look like other people and have learned to love myself for who I am—a sweet, friendly girl. I am not judging myself on my size.

I am in no way advocating that I am some weight loss miracle, like on the TV shows, 'The Slim Shady' or 'Extreme Makeover.' Is it those shows saying that the only way you can be happy is if you're thin and beautiful? I used to think that, but now I know that you don't have to be any easier. Everyone with a little attitude can be happy with who you are. Be happy but don't over think about food, it's not worth the little, eat some food and be yourself!
Satirical game is offensive, but protected

By Shone Cipris
Perspectives Editor

In 2003, game creator David Chang caused a wide
sire of controversy when he
started marketing a board
Game called "Ghettopoly," a
satirical takeoff on the ever-
popular Monopoly board
game. "Ghettopoly" was
roundly criticized by the
NAACP and other promi-
inent African American lead-
ern. It was requested by the
Temple of Contempt to de-
seize the game because they
constituted a trademark infringe-
ment on the part of the Hasbro com-
pany, which manufactures
Monopoly. Apparently
satirical material can now
be considered a violation of
copyright or trademark, a
development that I certainly
do not applaud. Trademark
infringement lawsuits should
be limited to instances where
there is an attempt at decep-
tion, or an outright duplica-
tion of a product. For ex-
ample, the counterfeit brand
name-watches and purses
available from street vendors
in most large cities are bla-
tant infringements (although
most of the customers are
aware of this). A satirical
board game, especially one
with a negligible chance of
being confused with the real
thing, should not be subject-
to this type of regulation.

The point is not whether
"Ghettopoly" is stereotypical
and racist; it is, and blatantly
so. My question is whether
the seizure of the game was
politically motivated in re-
sponse to the public outcry,
and if the trademark issue
was used as a pretext to de-
stroy the game. This does
not seem improbable, as the
trademark infringement is-
 sue stands on fairly shaky
ground. If this was indeed
the case, the existence of
the game becomes a First
Amendment issue. Please
understand: I am not con-
doning racism or discrimina-
tion in any aspect of society,
including popular entertain-
ment. However, we must
keep in mind that the right
to free expression extends to
expression that we may per-
sonally find despicable. For
example, while I find neo-
nazi hate speech to be stupid
and loathsome, I cannot call
it out of expression, including my
right to criticize the govern-
ment to ban other types
of expression, including my
right to criticize the govern-
ment! Just as one cannot be
a "little pregnant," when cer-
tain forms of expression are
banned, the entire concept
of protected free expression
goes right out of the window.
Like it or not, freedom of
expression is far more impor-
tant than superficial political
correctness.

PARODY GAME "Ghettopoly" glorifies illicit sex and illegal drugs, and is definitely not for children.

The 'back in black leather' social theory

By Seth Wilson
Guest Writer

I have to admit, when I
was notified that the Pacific
was requesting submissions
for a "sex, drugs and
rock 'n' roll"-themed issue,
I felt confirmed in my belief
that the Gods of Rock do ex-
ist and they were in fact smil-
ing upon me. I am fortunate
enough to be presented with
the opportunity to write on
a sub-culture that I have an
authoritative voice on and
feel so passionately about.
I sold my soul for rock and
roll at the age of 12 when my
dad bought me an Iron Maiden
cassette. My search for all
things pertinent to the cul-
ture reached its apex when I
became legal drinking age at
eighteen (wooh Canada!) and
began to frequent the bars
most nights, in what many
people would identify as
the destructive consequence
of a culture defined by in-
dulgence. And though this
definition is not altogether
obscure, it is not entirely ac-
curate either.

The very fact that I have
returned to higher learning
after so many seedy bars,
sketchy individuals and
strange tastes in my mouth
is a testament to the fact
that not all who engage in
the culture of sex, drugs and
rock 'n' roll wind up behind
life and success. Which
brings me to the question I
want to pose in this article:
why is it that 'sex, drugs and
rock and roll' can be so harm-
ful to some, while beneficial
to others? To explain this I
have to show you the culture
in the context of its historical
significance, relate to you
what it means to me and
then draw upon my experi-
ences to find an answer to
the question raised. Having
said that, this article will take
on somewhat of an academic
form, but this is a university
and if you expected anything
else then you've got another
thing coming.

I call sex, drugs n' rock
and roll (henceforth referred to as
SDR&R) a culture because for
those that really delve into it,
it becomes a constructed set
of categories by which we or-
ganize different experiences
and meanings. It contains

See THEORY page 12
a set of cultural norms and values that if not followed, surely mean ostracism. Like most cultures, I believe that this one is a product and consequence of the world around it. It has been formed for and because of modern western society within which it thrives. The big question I have with the culture is, why now? Given that sex and drugs and rebellious music have existed for centuries, why have the three been amalgamated into one culture during the last century? The best place to start in answering this question is the one place most social scientists would go to when lost: the Industrial Revolution. This era led to urbanization and a population explosion, two consequences that have changed our world. People began to live longer and cities were growing, societies were becoming more complex; the working class individual was having more access to different social situations. It is thus no surprise that a new culture would be formed in the urban areas to help working class individuals cope with the changes. That SDR&R as we know it did not become finite until after that period, because a person undergoing it thrives.

"I sold my soul for rock and roll at the age of 12, when my dad bought me an Iron Maiden cassette."

This is black coffee, my drug of choice. When I take my first morning sip of coffee I feel warmed and comforted, almost like I’m back in my bed sheets. My friend claims that coffee makes her feel almost taller and stronger. These are when interpreting the phenomena in the world to ourselves, they are highly subjective to our own life experiences. Sex is an act that occurs between two individuals, a point that is arguable in your twenties. Also, sex requires more sending and receiving of signals and communications through different mediums. It requires a higher degree of conformity to the culture because if the signals are interpreted wrongly, the points can often be lost and mishaps may occur (I'm sure this hits home with a lot of readers). In one-on-one discourse with another individual, subconscious signals are being sent and received that may not even be caught. This is simply because we were socialized from a very early age to recognize and immediately transform these signals into useful knowledge. If you were outside of your social circle, you would lack the proper knowledge and tools developed to capture and transform even the most blatant signals. The complexities of communication should be juxtaposed with the simplicity of communication with your self, to really appreciate this concept. When alone, there are less ways to communicate with the self and the consequences of miscommunications are not so dire. When with others, it is difficult and so culture comes into play.

With overpopulation came new forms of social conversation. The working class can often be seen communicating a crowd. This aided in numbers in ranges in numbers in hundreds of thousands. The only thing that matters is the degree. Crowds are a lot like person-to-person discourse insofar as they move and act all in the same direction; they are only erratic, hence the term mentality. This unavailability in a crowd calls for a higher degree of conformity to cultural norms. Gather up an image of Jimi Hendrix, wielding his guitar and making it scream a banshee amidst a haze, then leading a crowd into the first verse of "I'm Coming Alive" by the Bee Gees. That makes most shit pale. For contrast's sake, if I had done that with another individual he would only have referred to legions of fans. On the analysis, he would have hurt anyone except for himself.

To sum up, the culture of 'Sex, Drugs and Rock and Roll' is just another reason why a person can easily get lost in the difficulty of interacting and understanding new situations. Some people very successful in the world of SDR&R because they know how to organize and deal with their world. By balancing culture, we are able to simplify and enjoy all the social situations, using it as a means rather than an end. Others, who are not so successful, choose to focus on one aspect predominant over the others. They use culture as an end rather than a means, and often aim towards its material characteristics more than ideology. They are then left to confront the mess they made by living in the negated social situations.
All the way from the small country of Croatia in Eastern Europe, 19 year old freshman Dragan Bakic has been an essential member of the Pacific men's Water Polo team this past season.

Head coach, Mike Maroney spoke of his star player: "I am really excited about having Bakic on the team. He brings a fiery desire to play the sport." Maroney also pointed out that Bakic's tenacity is so fierce in addition to "his brilliant mind for the game."

Bakic received the prestigious All-American honor, along with his teammate Juan Gonzalez, this past 2004 season. Maroney spoke of Bakic's achievement, "a first year freshman to make All-Conference speaks volumes." Bakic explained the differences in training between Croatia and the U.S. In America, the team has extensive swimming and weight training practices while "at home" (in Croatia) it is much more about the game itself.

Even with his talents in the water, Bakic has "compassion for the classroom," stated Maroney. Bakic came to Pacific because in Croatia, athletes tend to either go on to the professional level or college. In America, athletes can go to school and play - "[it's a] great opportunity to play water polo and go to school," said Bakic. He is an international business major and would like to also attend graduate school in the United States after his four year undergraduate education here at Pacific.

Bakic is also working as a water polo coach for a 14 and under league in Stockton. "It's two times harder to be a coach," said Bakic. "I have never been so tired," he commented about a tournament he coached recently.
Sex, drugs, and Rock n' Roll. The Greater Dallas Council on Alcohol and Drug Abuse states on their website that alcohol is "the oldest and most commonly used drug in the world. Not only do people frequently drink alcohol, but every time a drink is consumed, so is a high content of calories.

In 100 ml of whiskey, gin, brandy, or rum, there is about 220 calories. Now, 100 ml is approximately three shots if the shot glass is the average 1.5 once glass. A glass of wine contains between 65 and 90 calories while a single beer holds somewhere between 100 and 200 calories each. Puts a whole new meaning to the phrase "beer belly" once we know how many calories we consume just to have an alcoholic beverage, this according to Weight Loss for All website's calorie counter.

There is however always the option of burning off the calories consumed while drinking alcohol. When we exercise we burn calories. However, we burn calories in other places besides the gym - how about in bed? Michael Smith tells us in his article entitled "Sexercising" about the calories we burn while having sex, kissing, and a number of other private activities. "The "average" lovemaking session burns between 50 and 100 calories," remarks Smith. Kissing alone can burn over 300 calories in just one hour, or an average of 2-5 calories a minute.

### Calories in Alcohol

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>100 ml (About 3 shots)</th>
<th>220 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>whiskey, gin, brandy, rum</td>
<td>100 ml</td>
<td>220 calories</td>
</tr>
<tr>
<td>wines</td>
<td>100 ml</td>
<td>65-90</td>
</tr>
<tr>
<td>beers</td>
<td>1 bottled beer</td>
<td>100-200</td>
</tr>
</tbody>
</table>

### Bedroom Burners

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kissing</td>
<td>120-325 calories an hour</td>
</tr>
<tr>
<td>Masturbation</td>
<td>100-150 calories</td>
</tr>
<tr>
<td>Sexual intercourse</td>
<td>50-100 calories</td>
</tr>
<tr>
<td>Oral sex</td>
<td>About 20 calories in 15 minutes</td>
</tr>
</tbody>
</table>

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**Want a drag?**

**Allison March**
Staff Writer

Today we are drown in commercials that tell us the damage tobacco can have on our bodies from smoking and on others' bodies if they are simply in the presence of a smoker.

With all the proof scientist have confirmed concerning the hazards of smoking and the testimonies people have given about loved ones dying of lung cancer, there are still many people who continue to smoke and many people die every year from smoking.

People who smoke are known for having coughing fits. Smoking makes it harder to breathe and to physically perform. This is why it is uncommon to hear of an Olympic, college, or even high school athletes smoking tobacco.

Pacific, being a division one school, has very prestigious athletic teams and talented athletes. Asking, Michael Maroney, men's water polo head coach, if he had anyone on his team who smoked, he said he did not know of anyone who did. He also commented that if anyone was a smoker, it would show through training.

Dragon a member of the Pacific men's water polo team and a foreign student from Croatia, said smoking for athletes in Croatia is very common.

In the Pacific Tiger Student-Athlete Handbook, the tobacco policy says: "the use of tobacco, smoking or smokeless, is prohibited in connection with any intercollegiate team function."

The athletes, if not engaged in a team activity or in the limelight as a player, are permitted to smoke at their own risk.
Athletes on steroids

By Allison March
Staff Writer

Many athletes over the years have been caught using steroids to enhance their physical abilities. And while steroids are a dangerous drug which can not only alter you physically, but can change your cognitive process as well.

Using steroids is against the law. The NCAA has banned the use of steroids. Players are not allowed to use them on professional, college, or high school athletic teams.

To make sure the athletes do not use this illegal substance (steroids), schools and professional leagues test their players. If they are found guilty, they can be suspended, scholarships can be taken away and the athlete can be removed from their team, and professional leagues test their players. If they are positive results for steroids, a consent form to be tested at any time during the year.

Every month, at random, five athletes are chosen to be tested. If test results come back positive, the Athlete must have a meeting with the Director of Athletics to review policy. Most then go to three counseling sessions.

If an athlete has repetitive positive results for steroids, their parents for the cream they make, and the athlete can be suspended. That's right. Where there's sports, there's drugs (not all the time, but a good number), and for sure where there's drugs, there's sex. It can be said it's a dangerous cocktail.

There have always been drugs in sports. In all sports, not one left behind. Although I've never heard about it. I'm pretty sure figure skaters and gymnasts do a little sniff sniff here and an occasional poke there. They have to do something to keep those grins on their faces since I'm sure the pay isn't all that great.

Everyone is doing it. Pros, collegiate athletes, high school athletes. Next thing you know there will be pee wee football players asking their parents for the cream or the clear so that they can score the winning touchdown and be the big man on the play yard.

Drugs in sports have been a common occurrence since the days of the gladiator. You don't think they were strung out on something that allowed them to continue to fight while they were bleeding extensively or had a limb chopped off? A lot of high profile athletes have dabbled in some form of drug or another. Barry Bonds, Barry Sheffield, Jason Giambi, Bill Romanowski, the entire Portland Trailblazers team likes to puff-puff-give, Ricky Williams, and my favorite coke head of all time, Darryl Strawberry. He has shown that you can do cocaine, be in rehab several times, and still be a hall of fame nominee. What a great example for kids. Athletes are considered by some to be sex symbols all around the world no matter what sport they play. The larger than life sex symbols live here in the U.S where they make millions of dollars a year and the groupies just line up outside of hotels to see which pro they can get with. Amazingly enough, these ladies, as well as men, know in advance when and who will be at certain hotels and given times. To some, hooking up with Pro's and future Pro's is a full time job. They're in every city--they must have online communities where these individuals exchange information. Forget a 9-5 many say, I'd rather just give it up to a pro and have him take care of me.

The sex symbol status applies to all athletes who are the best in their city or on their campus. The high school big names get the cheerleaders, the collegiate athletes get the small percentage of good looking individuals on campus, and the Pro's get the cream of the crop.

Drugs will always be openly available to those with the funds. Athletes are machine-like in ways they must continue to perform at high levels in order to fulfill expectations. Some resort to illegal forms of help while other take their training regimes to other levels.

The wide world of sports has to do whatever it takes to please the masses and fill stadiums. To some, cheating with a performance enhancer may be worth the risk as long as there's a few more zeroes on the contract, stadiums are sold out, and revenue is up; but when it's all said and done the athletes that put their bodies on the line will be stuck with the long term consequences.
Basketball Breakdown

By Ryan Tedards
Staff Writer

The Pacific women’s basketball team (4-10, 2-5) lost its third straight Big West Conference game Thursday, January 20, 65-55, to the Cal Poly Mustangs (9-5, 3-3) at the Alex G. Spanos Center.

The scrappy Mustang’s defense bothered the Tigers for much of the first half. Cal Poly forced 14 Tiger turnovers and only allowed 17 points in route to a 26-17 lead at intermission.

Pacific played liked a much different team to start the second half. Junior guard Julie Melcher’s 3-pointer capped off a 13-2 run that gave the Tigers their first lead of the game, 30-28.

Nicole Yarwasky’s 10 points led a balanced scoring attack for the Mustangs, who eventually wore down Pacific in the final 10 minutes of the contest.

After the game, Tiger coach Craig Jackson was pleased with the effort his team showed. “We came out aggressive in the second half. We fought hard and played together.”

Melcher was the key player for the Tigers in the second half. The Oregon native scored all nine of her points after intermission and much like her coach, she was encouraged with the team’s play. “This team is capable of scoring when we play together like we did in the second half.”

The standout play of Melcher, junior forward Carolina Ruiz, and sophomore guard Jessie Menkens is a good sign for the future of the program. The 6-2’ Ruiz set a career high with 17 rebounds. Menkens came off the bench to score a team high 11 points.

A Mann was the games best player when the Pacific women’s basketball team played host to U.C. Santa Barbara Saturday night — Kristen Mann that is.

The Gauchos star scored 27 points and grabbed 11 rebounds to lead Santa Barbara (9-7, 6-1) past the Tigers (4-11, 2-6) 74-61 at the Alex G. Spanos Center.

With 13 minutes left in the contest, and Pacific trailing by only 4, Santa Barbara went on an 11-0 scoring run that ended all hopes for a Tiger victory. Pacific was led by Tina Sanerivi’s 20 points on 8-10 shooting.

Sophomore guard Jessie Menkens connected on 4-6 from three-point land and finished with 12 points. Following the game, Menkens was proud of the way the Tigers played against the Big West Conference leading Gauchos.

“We battled hard and did not give up. Day by day, we are getting better as a team.”

The Tigers are in action tonight on the road against Cal State Northridge at 4 p.m.