Walker speaks at Pacific

Pulitzer prize-winning author gives address

By Suzanne Vbomev
Perspectives Editor

Pulitzer-Prize winning author, poet, and social activist Alice Walker delivered a spirited speech to a full house at Faye Spanos Concert Hall on Feb. 5. She made the insightful said that despite what the dictionary describes as the root of all major problems in the world, humanity, different flowers all blooming in the same garden. Walker also spoke of how this fundamental concept, the fact that we all came from one African mother, has been manipulated throughout our history in order for profit. She made the insightful point that slavery, whether of blacks or of another race, is not ultimately about benefiting from labor but about profiting from separating people.

As a rigorous activist, Walker has spoken out against apartheid, nuclear arms, and female genital mutilation. Though she touched on these issues, the heart of her speech was about freedom and happiness, whose lack of she identified as the root of all major problems in the world. She described many of her life experiences, such as having to sit in the back of the bus, and having her marriage to a non-black person declared illegal and relayed each of these short stories with hilarity and poetic spirit. Having long written about the resilience of the human spirit, Walker spoke intelligently and humorously about the importance of living simply and purely. Walker described the epitome of happiness as sitting in her backyard watching her plum tree ripen against a beautiful Berkeley sunset and with this description, she pinpointed the purpose of life, having the freedom to pursue what makes you happy. She said that despite what the dinosaurs in Washington may believe, we should realize every human being’s fundamental right to happiness.

Ever intriguing and provocative, Walker looked beyond human concerns to discuss environmental concerns. Along with her poem describing her admiration for famed anthropologist Jane Goodall, she spoke with gravity about the damage we are doing to our world. She told of solemnity of a woman who has cancer, which developed as a result of her chasing garbage trucks that emitted DDT fumes as a child. She spoke of our increasingly consumerist culture and how as we continue on this path, we forget what is important: the conservation of the only home we will ever have.

Walker ended her inspiring and thought-provoking speech with a series of short poems. With her soft, rich, and firm voice, she spoke about the joy of growing old and the importance of eating coconuts. Her last poem was a fitting ending to her speech and she said “Peace is a future whose time is now.”

By Ho Tron
Guest Writer

Many students begin college with ‘undeclared’ as their major. In fact, for the fall 2003 semester at University of the Pacific, 143 students were registered as undeclared.

Over the years, the rate of undeclared majors usually stands around that number.

Entering Pacific without a set major can give students to a slow start. So what’s the deal with undeclared majors?

Students enter as undecided at the time. It is not as if students who are undeclared lack specific interests. “If someone is undecided on their major, it’s not necessarily because they have no interest. It is far more likely that they have too many conflicting interests,” McGehee said.

After the first year of college, McGehee chose to major in philosophy. After taking an intro course in philosophy, he realized how much he enjoyed it. That was the turning point for him, making his decision clear.

“The most honest choice in the beginning was to declare myself as undecided,” said McGehee. Now that he is happily in philosophy, he knows what he’s focusing on.
World forums are back

By Ha Tran
Guest Writer

The School of International Studies is hosting a variety of world forums and school lectures this spring.

Speakers from all over the world will be lecturing at the University of the Pacific from now until April. They will be informing students about the pertinent issues as well as the lifestyles of other countries.

The speakers include ambassadors, professors, bishops, and world leaders.

The next lecture is Monday, March 1 at 6:7:30pm in George Wilson Hall.

Titled “Series on Gender and Global Issues,” it is a discussion on the status of women worldwide, along with the problems they encounter and the progress they are making.

The speaker on March 1 will be Dean Margree Ensign from the School of International Studies at Pacific.

Ensign attained her Bachelor degree at New College in 1977. She received her Master degree and later her Ph.D, in International Political Economy from the University of Maryland. Dean Ensign’s research interests focus on the developing economies of West Africa. In Ensign’s message, she said, “The 21st century will be the first global one—global in challenges and global in opportunities.”

The next world forum is on Tuesday, March 2 at 12 noon in George Wilson Hall.

The speaker for the forum will be Professor Cortland Smith from the School of International Studies. Smith is a professor of Political Science with research interests in Chinese politics. Professor Smith will be discussing issues on China and their impact worldwide. The topic for his forum is titled “Cort Narrates On About China”.

The School of International Studies invites you to attend, whether or not you are pursuing a career in international business. They feel this forum will allow students and professors to come together to learn and prepare for a new kind of political future.

“At the School of International Studies we know that a special sort of education is called for,” Ensign said.

She said she wants students to “develop a global awareness and literacy, strong analytical skills, and real living experience of that world.”

These lectures and forums are free and open to the public.

MAJOR from pg 1

The advice he gives to future students is that they shouldn’t let “those preppy pre-whatever-grad-school majors make you feel like you don’t belong just because you haven’t decided on your future life.”

If you still haven’t decided a major, there are seminars you can attend that can help.

“For Exploratory Students Only: Unraveling the Mystery” seminars are being held Feb. 18, Feb. 23, Mar. 1, and Mar. 8.

They will assist you in selecting a major, examining career options, and finding out what to do next.

You must attend all four seminars because an assessment test will be given. Space is limited so you must pre-register by calling the Career Resource Center at 946-2361.

The seminars are held in Library #234 from 7:30 to 11:00pm. Register and attend to find a suitable major soon.

See COMEDY pg 3

Charity comedy

By Suzanne Vyborny
Perspectives Editor

Looking for a way to help a good cause but you don’t know how? Well on Feb. 22, you can fill your life with laughter and also benefit Pediatric Trauma Prevention by attending A Night of Comedy, hosted by our very own Pacific Circle K International.

Who is Circle K? According to President Angie Vu, “The basic point of Circle K is to serve our school and our community to the best of our ability.”

Aside from their deep devotion to service, Circle K provides leadership development and promotes friendship.

Circle K is organized and sponsored by the adult service group Kiwanis. If you would like to join Pacific’s group of students dedicated to serving their community, attend their meetings every Wednesday at 9 p.m. in the Spruce Room, located across from the Summit.

Every year, Kiwanis chooses a cause for which all of the Circle K’s in the district (California, Nevada, and Hawaii) raise money.

This year the cause is Pediatric Trauma Prevention. This includes funding programs about smoking awareness, providing immunizations, as well as basic medical care.

Pacific Circle K is trying to do their part by hosting a comedy show, A Night of Comedy featuring some well-known comedians. Pacific students will have a chance to see comedians Don Barnhart, Danny Villalpando, and Jeff Capri, all veterans of Comedy Central, HBO, NBC Friday Night, and the USO tour.

They have all also performed with Comics on Duty, where they’ve entertained the troops in places going to war.

The adventures of Kiwanis continues. For more information, call 946-2361.

See SPAM pg 3

Canning computer SPAM

By David Lundy
IT Officer

You’ve surely seen the messages in your email mailbox, offers for online ordering of medicine, “hot” stock tips, low rate mortgages, and ways to enhance romance. You may have even gotten email asking for your help transferring tens of millions of dollars from Nigeria (with a sizable percentage going to you). SPAM. We don’t want it, but we all get it.

The use of the word spam to refer to junk email is derived from a Monty Python sketch set in a cafe where SPAM luncheon meat is included in every menu item.

When a hapless customer asks if there is something without SPAM, the server recites the menu again. Eventually a chorus of Vikings drown out all conversation singing “SPAM, SPAM, wonderful SPAM, glorious SPAM.”

Over 50 percent of Internet email is now considered spam according to recent estimates, and the rate is still increasing.

Congress recently passed a new federal law referred to as, “CAN-SPAM”. Congress perceived a correctly, that spam is a real issue. Unfortunately, it is unlikely the law will reduce these unwanted emails.

Responding to SPAM

The CAN-SPAM act requires email marketers to provide a means of opting out of their mailing list. Care is required here. If the email requests personal information, it could be a “phishing” attempt - a stealthy attempt by someone else to get your information. If you do not know the company as a reputable company, your response may well tell a spammer that they have a good address to which they can send more spam.

If the email is a promotion from a company, you know and it does not ask for personal information, the opt-out option on the email may be used. If you have any doubt at all, do not respond to an email in any way.

Spam Filtering at Pacific

Because spam is becoming a real annoyance to email users, Pacific instituted a campus wide spam filter. This filter processes all email for all three campuses that is received from the Internet.

Each message is compared to a set of rules that evaluate the message's likelihood of being spam. Those that rate 50 percent or higher are quarantined. Since no filtering method is perfect, there are a small number of “false positives” - email messages mistakenly identified as spam. Each day a list of the emails quarantined for each user is mailed to them.

This gives the user the opportunity to release and receive emails incorrectly identified as spam. In my personal experience the filtering has proved effective, but I do need to release an email once or twice a week.

See SPAM pg 3
Valentine's Day coffeehouse
The PRIDE Center will hold a Valentine's Day coffee in the Humanities Center Coffeehouse tonight at six p.m. The Humanities Center is located in Southwest Hall.

Resident Artist music recital
Resident Artists Nina Flyer and Sonia Leong, on cello and piano respectively, will perform in the Recital Hall on Feb. 13 at 7:30 p.m. For ticket information please call Pacific Box Office at 946-2474.

POC organizing Snow Hut Adventure
The Pacific Outdoor Connection is offering an overnight cross-country skiing excursion to a snowbound hut north of Lake Tahoe on Feb. 15-16. The trip is limited to eight participants and costs $50 dollars; this price includes the rental of a sleeping bag and pack. For more information contact the Pacific Outdoor Connection at 946-7607.

Pacific to host Kennedy Center theatrical production
On Wednesday, Feb. 18 at 7:30 p.m., the Faye Spanos Concert Hall will host the Kennedy Center’s performance of “The Nightingale.” The production is based on a classic story by children’s author Hans Christian Andersen, and tells its story through dance and narration. Tickets are five dollars for students and children, and 15 dollars for adult general admission. For tickets, please call Pacific Box Office at 946-2474.

More Passport to Pacific workshops
On Feb. 18, John Carvana, director for the Career Resource Center, will hold a workshop titled “Leadership Defined.” This workshop starts at 5:30 p.m. in the Pine Room at McCaffrey Center. On Friday, Feb. 20 Inez Ruiz-Hults, director of the Community Involvement Program and Multicultural Affairs, will present the workshop, “Is Diversity Important at a University?” This workshop is from 3 to 4:30 p.m. in the Pine Room.

Summit to feature live jazz
The Summit will feature the Dave Brubeck Institute Jazz Sextet which will perform there on Wednesday, Feb. 18 at 8 p.m.

Redwood Room will offer Soul food
The Redwood Room is offering a hearty Soul food lunch on Wednesday, Feb. 18 between 11 a.m. to 1:30 p.m. The cost is $6.25.

The spam filter cuts down the clutter Groupwise users at Pacific see in their mailbox while allowing retrieval of email falsely identified as spam.

If you have questions about computer security or ideas you would like addressed in this column, you may email itsecurity@pacific.edu.
Seeking cheaper books
High textbook prices cleaning out wallets

By Eugene Safanov
Guest Writer

"Textbooks are just too damn expensive," said junior Tom Cohn, a business major. He spent more than $400 for a mixture of six new and used textbooks for this semester.

"I don't understand why textbooks cost so much money. Doesn't the university receive enough money from us already?" said freshman Lior Tamir, who is studying to become a dentist.

It has become all too commonplace to hear these types of statements and I must agree. Doesn't the university squeeze enough money out of us anyway? Is $150 or even $200 not enough for one semester?

"I just don't see the justification as to why students need to be charged so much for textbooks. As far as I know, the print cost isn't half as much as the book is selling for. At the student bookstore, students are being charged more money for textbooks that can be bought anywhere else for a third of the price, if not half the price. The bookstore needs to start offering student discount prices," said business major John Lin.

"Oh, and what is the deal with a new edition coming out every year? That's just another scam to rip off innocent, broke students. I can't imagine that every textbook has a sufficient amount of new information that makes it necessary to print a new edition every year."

So, who is to blame? Professors, publishers, or the university as a whole? Well, let's just begin and end with professors.

As I understand, authors and publishers love to send professors textbooks so the teachers can check out the new material and hopefully use them in their classes. Not only do they send their textbooks, but authors and publishers will also give professors incentives such as gifts and trips; basically, they wine and dine them in order to persuade them to use their textbooks.

"Doesn't the university receive enough money from us already?"

Something needs to be done, and I have a solution. Professors should make an effort to put themselves in their students' shoes and begin to understand where we are coming from. Professors were once students and once low on money as well. Just forget about the gifts and fine dining. Be realistic and help us out. You are here to enhance our educational experience, not overwhelm us with unnecessary financial burdens.

Why not use textbooks online? They are significantly cheaper, if not free. Or how about not using textbooks at all? Let's face it folks, not every professor uses the textbooks they assign. Sure, these textbooks are being used to some extent, but we definitely don't get our money's worth.

Now it might seem like I'm complaining, right? Correct. I am complaining. I am complaining on the behalf of all students. So professors, if you are reading this, please try to relate to us. Textbooks are just too expensive. It would also be nice if you could help us out by requiring one book instead of two, using online textbooks, or better yet, let students rely on your lectures. Any of these solutions would be greatly appreciated and would help to alleviate our pains. Expensive textbooks can only go so far, and so can our money.
Dear Editor,

I wish to clarify several points that Alex Wagner made in her article "ASUOP Vice President violates constitution" which appeared in the January 29, 2004 edition of The Pacifican.

At no time did the Vice President, Jenise Honesto, violate the provisions of the ASUOP Constitution. At issue were Ms. Honesto’s actions exercising the role of the Elections Coordinator, a position created by the Election Code.

While many may see this as semantics, it is important to make.

Vice President Honesto was acting as the Elections Coordinator at my instruction. In April 2003, then Vice President Jon Johnson and I determined that making the Elections Coordinator, a position created by the Election Code to serve as the Coordinator for ASUOP elections. In examining the other officers’ role, we determined that making the Vice President the Elections Coordinator was the best solution for the problem because of the relatively lighter workload of the Vice President. However, I never followed up with the necessary legislation to change the Election Code or the ASUOP's bylaws.

In my opinion, patently libelous, discounts both the nature of the role of the Elections Coordinator and the checks in place in our democratic system. This includes the process that former President Peterson availed himself of on January 26.

The issue of Former President Peterson’s involvement in a campaign is an important one to review. Mr. Peterson’s email was sent to several students throughout the campus and was forwarded to Vice President Honesto by a member of the Senate who was concerned that the Election Code may have been violated. Vice President Honesto consulted with ASUOP Advisor Jason Velo and decided to email Mr. Peterson to warn him that such actions could be construed as a violation of the code, which strictly limits when campaigning for ASUOP office can occur. This campaigning period begins on February 17, 2004. Any decision about a violation must be made by the Elections Committee and can be appealed to the ASUOP Senate.

While I am familiar with the conversations between Ms. Honesto and Mr. Peterson, I am the only person with the authority to appoint any individual to serve at the Elections Coordinator. Based upon the discussions that I had with the Vice President and the recommendations from the ASUOP Advisors, I decided that the best course of action was to appoint Mr. Brett Kaufman as Elections Coordinator. Mr. Kaufman had expressed interest in becoming involved in ASUOP, had served as part of the ASUOP Arts & Entertainment Board in the fall semester, and had experience running elections at schools with larger student bodies than Pacific’s. While Mr. Kaufman and Senator Paul Kozina had discussed running in the upcoming election, Mr. Kaufman had decided against doing so and discussions about appointing Mr. Kaufman Elections Coordinator did not involve Senator Kozina. While I believe that Mr. Kaufman would have helped to ensure that the elections were run fairly and without bias, I respect the perspective of many others, including members of the Senate and potential candidates, like those quoted in the Ms. Wagner’s article, and withdrew his nomination.

In Mr. Kaufman’s place, I nominated and the Senate confirmed on Monday, February 2, 2004, Mr. Ryan Hundley as ASUOP Elections Coordinator for the remainder of the school year.

I encourage all Pacific students to become involved in this process. If anyone has concerns about the election process, or any other issue, please come and share them with the Senate, which meets Mondays at 4pm in the Pine Room of the McAffrey Center, or contact the Election Coordinator through the ASUOP Office at phone at 946-2233. For those interested in running for ASUOP Office, election packets are available from ASUOP and at several other locations throughout the University, and must be submitted to the ASUOP Office by February 11 at 5pm.

Sincerely,

Matthew Olson
President
Sanchez, unlikely Republican candidate

by Mara Title
Pacific College Republicans

At our last Republican meeting, we had the opportunity to hear the views of Moses Sanchez, the Republican candidate for the 17th Assembly District. He talked to us about what it’s like, not only being a minority in politics, but also a Republican. He said that in the state of California, there has never been a Republican African American assemblyman, or senator. This is not because Republicans are racist, as is commonly assumed, but rather because there are not many Republican minorities running for office. I thought his views were very intriguing, and decided to interview him about his background: At age 27, he’s definitely not your average thinker.

Mara: At what age, and from where did your family come to the U.S.?
Moses: In 1981 on Christmas Eve, my family landed in the U.S. on a plane ticket, soil from The Republic of Panama; I was four years old.

Mara: If you’d like to help Moses become the first African American Republican assemblyman, go to www.gomoses.com.

POSSIBLE CANDIDATE: 17th district assembly candidate Moses Sanchez spoke to Pacific student on Wednesday, February 4.

Mara: At what age, and from where did your family come to the U.S.?
Moses: In 1981 on Christmas Eve, my family landed on U.S. soil from The Republic of Panama; I was four years old.

Mara: At what age, and from where did your family come to the U.S.?
Moses: In 1981 on Christmas Eve, my family landed in the U.S. on a plane ticket, soil from The Republic of Panama; I was four years old.

Mara: What specifically were your parents’ motivations for wanting to come to this country?
Moses: They wanted to leave a negatively charged political environment under the ruthless dictator, Noriega. They came to America in search of the American Dream. My uncle, my father’s brother, was already here and had bought a home. He was doing very well here, so my father decided that “opportunity” was better here in America. We sold all of our possessions for the plane tickets to come to the U.S. My father says “If I can be successful without the ability of speaking any English when arriving, then ANYONE can be successful in America—there is no excuse for failure.”

Mara: How did you get involved with politics?
Moses: While I was student body president at the college of Las Positas in Livermore, I had my first taste of politics. This led me to run for State Assembly in order to fix discretionary funding for schools.

Mara: What are the main issues that you’re concerned with on a local level?
Moses: My platform really derives from two main root issues—jobs in the valley and education.

Mara: As an African American immigrant, what can you say to those who think that being a Republican means that you’re automatically white?
Moses: Most Americans are white, and the majority of the Democrats and Republicans are white. As an immigrant, I think it’s amusing that American-born minorities are generally democrats, whilst most immigrants tend to be Republican. Most immigrants don’t trust government, hence the reason why they come to America. Most immigrants come from countries that are not as liberal as America, so they are generally socially conservative. Most immigrants also work really hard in America, and loathe giving their money to high taxes so they also tend to be fiscally conservative.

Mara: There are many students who are still trying to define what it means to be a conservative and a liberal. How would you best define these terms?
Moses: Conservatives preserve history and traditional values, and believe in teaching a person how to fish. Liberals are free spirited, and believe in giving a person a fish. I believe Winston Churchill who once said, “If you’re young and not a liberal, you have no heart; if you’re old and not a conservative, you have no brain.”

Mara: If there’s one piece of advice you could give students about politics in general, what would it be?
Moses: Get involved. Democrat, Republican, or any other political affiliation, it doesn’t matter which, just get involved. No matter what your major or occupation, the higher you go in your area of specialty, the more political it gets. If you get involved early, you make contacts and gain knowledge and experiences useful in any field. Rock the VOTE!

By Kara Buchanan
Staff Writer

The ivy covered brick buildings that appear to have been airlifted in from the East Coast and dropped in the middle of Stockton are part of what makes this school attractive. The education offered within these walls has earned the university an excellent reputation. One of the very few drawbacks ever mentioned in regard to Pacific’s merit as an institution of higher education, is its location.

In my opinion, Pacific’s campus could not occupy a more ideal plot of land in this entire nation. Beyond the borders of Pacific and Pershing, there is an immense amount of enrichment to be had. Pacific students have the opportunity to expand their horizons in a variety of different ways simply by taking very doable day trips. Prospects for education and recreation are readily accessible from a home base at 3601 Pacific Avenue. There is no reason for a Pacific student to forego this unique opportunity to explore the richness and diversity of California’s gorgeous land and its inhabitants.

The Golden State has so much to offer: a breath-taking coastline boasting sheer cliffs in some places, and miles of sandy beaches in others, a world renowned wine country, and some of the nation’s most stellar wildlife parks. Mountains and valleys, farmland, and lakes and rivers round out the diverse topography that makes California so exceptional. As far as cultural diversity, it is an unavoidable occurrence in places such as San Francisco and Berkeley. This new travel column will hopefully spark your interest and help you diversify your weekend plans, whetting your appetite for adventure and thereby expanding your horizons.
Ah, Valentine's Day. That one special day of the year where young people's minds are drawn to thoughts of flowers, love, and romance, or in my case a day of heavy drinking. Those of you that know me might not know that "chick flicks" happen to be my guiltiest of guilty pleasures. There just something so rewarding about that payoff at the end where everything is made right again, that you just can't help but smile. So this Saturday while you're either cuddling up with your sweetheart or a two-liter bottle of Bacardi, you might just consider popping one of these bad boys into your DVD player.

4. Say Anything
John Cusack is my hero. I'm just going to come right out and say that. He has that quintessential "aaw shucks" look about him that gives hope to strange looking guys everywhere. Say Anything is one my favorite Cusack movies just because it is so honest and sincere. I mean, how many of us have wanted to spend all of our time with someone that we love, but in the end we just couldn't? It's truly a story of opposites attracting and proof that Peter Gabriel can solve anything.

See CHICK FLICKS page 8
Carbo-crazy consumers

The Atkins diet has been so influential that it has even given birth to Stouffer's Lean Cuisine's new line which features 11 new, low-carb microwave meal options.

The Atkins diet was introduced over 20 years ago and it has only recently been given praises due to the simplicity and effectiveness. The Atkins diet is easy to maintain and does not restrict so many of the fatty foods that we love so much.

The Atkins diet has had such an influence on the way American dieters have structured their meals that businesses are looking to cash in on the profits.

The attractiveness of the diet has lead restaurants to add low-carb and no-carb options that restaurants are offering are high in calories and many consumers overlook this crucial fact. This could be detrimental to a society that is already winning the race in obesity.

There is no disputing that the Atkins diet will eventually die out, like every other diet fad. Besides, any diet that discriminates against refined carbohydrates like savory pasta and fluffy baguettes is a horrible crime against a healthy, balanced living.

It's scary to think that in 2003 LowCarbiz magazine calculated that their was a total market of $15 billion dollars spent on specialized products and already this year there has been an estimated $25-30 billion spent.

New diet fads give most hope that this will be the diet that will actually work. People buy into these fads without taking a step back and following a classic diet plan, that is, eat less and live on this diet.

Have you heard of it? Yeah, it's called Atkins. People buy into these fads because no matter what mood you are in, Atkins will make you feel better.

3. Amelie
Not really a "chick flick" per se, but Amelie is too cute to be on this list. A film that delves into the subconscious and humorously plays off of its lead character. Amelie Polon.

If you haven't seen this movie yet, I advise you do so. It's a beautifully poignant film that honestly transcends cause no matter what mood you are in, Amelie will make you feel better.

2. Casablanca
Casablanca is indisputably one of the greatest films of all time. A fantastic film that has everything a romance should have: undeniable chemistry, well-written dialogue, a beautiful backdrop. Casablanca's ending is possibly one of the most rewarding in all of cinema history. Heart-wrenching, uplifting, and touching all rolled into one; it's easily one of the greatest, if not the greatest, love story of all time.

XXX: Movie Critic

Mikey Yu's number one Valentine's Day pick is a classic masterpiece called Debbie Does Dallas. He advises to be sure to have plenty of tissues when you see this one.

1. Debbie Does Dallas
A touching story about the love between a sweet couple in love and her beloved Dallas, who is the captain of the baseball team. A painfully poignant film that honestly transforms 'romance' as a genre, and enters a completely different realm. The dialogue is exquisitely top notch with such classics like "take your clothes off" and "oh, baby, oh." They seriously brought tears to my eyes. Someone get me a tissue please.

Spillin' the Beans...

A column reviewing local ma and pa cafes

IF YOU HAVE A FAVORITE LOCAL SPOT YOU WOULD LIKE US TO REVIEW, OR IF YOU WOULD LIKE TO "SPILL THE BEANS" YOURSELF, E-MAIL PACIFICANLIFESTYLES@PACIFIC.EDU

THE PACIFICAN

LIFESTYLES

www.thepacifican.org

THE “G” SPOT

Carbo-crazy consumers

By Georgette Rodarakis
Lifestyles Editor

It's hard to determine what a nutritious meal that will promote weight loss consists of with so much propaganda gearing us towards so many different diets.

The latest craze, the Atkins diet, was introduced last year and promotes a low-carb, high-fat diet. Have you heard of it? Yeah, there is more news coverage on this diet than the War in Iraq.

The Denver Publishing Company estimates that as many as 25 million Americans are following Atkins. With such a huge number of people on the diet, the Atkins Corporation took quick action and released a line of foods that started a popular trend.

"The Atkins products are the hottest sellers. Everything from the shakes to the bread and muffin mixes sells out continuously," Tracy G NC specialist Rose Mayo said.

Atkins has totally restructured the way we look at carbohydrates. Generous servings of eggs, cheese, and red meat seem to be the preferred choice of most.

The Atkins diet was introduced over 20 years ago and it has only recently been given praises due to the simplicity and effectiveness. The Atkins diet is easy to maintain and does not restrict so many of the fatty foods that we love so much.

The Atkins diet has had such an influence on the way American dieters have structured their meals that businesses are looking to cash in on the profits.

The attractiveness of the diet has lead restaurants to add low-carb and no-carb options to the menu.

Chill's, TGIF, Friday's, Subway, and Burger King are among restaurants that have created items such as "no-bun" burgers wrapped in lettuce and low-carb cheesecake.

Spillin' the Beans...

A column reviewing local ma and pa cafes

IF YOU HAVE A FAVORITE LOCAL SPOT YOU WOULD LIKE US TO REVIEW, OR IF YOU WOULD LIKE TO "SPILL THE BEANS" YOURSELF, E-MAIL PACIFICANLIFESTYLES@PACIFIC.EDU
Hey Lucy, how's that diet of yours coming along?

It's going great, George!

It's only been about a month, and I've already lost 40 pounds! This Atkins diet is great!

ATKINS DIET! That's great, but don't you find it odd that almost everyone is making their product "Atkins safe"?

By the way, what's that you have been eating...

It's the newest Pacifican! It's been dubbed "Atkins safe" too!

The Pacifican is now approved. Eat up!

ATKINS

EAT IT

The Pacifican is now approved. Eat up!

Horoscopes

By Sally Nichols

Galaxy Guru

ARIES
Do you ever feel like you are losing all your hair out while living out your mind-numbing days? Do you feel like you could be doing something better than your professor? We all have those moments in our educational careers, but the key is to keep calm. If you know you will not have an ice age in ten years, bask in your knowledge and move on. In other words try to enjoy Mars!

TAURUS
Midterms will be coming up faster than you think! Get your acts organized now! You will do better this semester if you remember how important it is to attend classes and ask questions. Your professors are willing to help if they see you are making a genuine effort.

CAPRICORN
If it's your time again! Here are the roses, chocolates, and mental state of your heart! Valentine's Day is right around the corner and ready to take you with Cupid's arrow! Enjoy the cheesy-ness that awaits you, and watch the peasant stars above!

AQUARIUS
You are going to have to calm down about the problems that you feel your roommate are having. Living with someone is difficult, but you should still respect your roommate's opinion. Try some meditation and light a candle when you feel like your head might blow off!

TAURUS
Have you been feeling stagnation lately? Would you like to study religion other than the one your family offered you at home? There are many opportunities here at Pacific. Keep an open mind and the stars will help guide you to where you feel most comfortable.

GEMINI
The ethics of the U.S. (from your points of view) have gone downhill in the last 50 years. Something is telling me that you are not helping up your end of the deal. Think about how your actions affect others and how your decision-making will affect you in the years to come.

CANCER
How long has it been since you volunteered? The stars tell me that you would learn more from volunteering than alternative extracurricular activities. So get up and call somewhere today to see if they need a helping hand.

SCORPIO
It looks to me like some of you are having a hard time figuring out life's purpose. This could mean a career, a major choice, or a job opportunity. Reflect on what makes you happy, and try to stick with those activities. The stars will provide you with happiness if you provide yourself with opportunity.

PIECES
Oh, the sun will come out, tomorrow, put away your cobb webs and your scrubs. If there's some tension between Annie and your best buddy, there will be room for both of them to calm down. Enjoy your way into new situations. You need to have a sense of humor at the end of the tunnel! Pick a flower, it will make you feel better! (Just don't pick a Pacific rose, you will owe a big fine!)
THIS WEEK IN IM’S:
With the long weekend ahead, the usual number of games have been reduced, but that does not mean the intensity of play has! Flag Football concludes with the crowning of the Men’s, Women’s, and Co-Rec champions. Upsets are expected throughout the playoffs, and, keeping in line with the regular season, I will stay away from predictions. Actually, I will make one bold prediction - Big Staff #2 will take the Co-Rec division.
Basketball heats up now that preseason is over. Look for the same high level of play in the Napoleon, Men’s A, and Men’s AA divisions that has been present in latter years. Women’s looks to be a tough division with the girls of W.E.R. contending against the mainstays from the past couple of years - Theta, PT, and the Ballers. Men’s B and Men’s C are toss-ups already with a steady mixture of jungle-ball antics and proficient skill being displayed on the floor.
LAST WEEK IN IM’S:
Team UC brought their A-game against Phi Delt Blue this past week in 4x4, the infamous “hack a shack” routine. She scored every one of her points from the free throw line, draining 14-20. It seemed that every time a teammate worked the ball inside to d’Hondt, she was challenged physically.
The foals inside were not always harsh or overly physical, but as Pacific Coach Craig Jackson said, “In such a physical contest, you’re glad that they are the Tigers came out of the locker room with a desire to run their offense efficiently and ended up exploiting the young freshman guards of Irvine, as their coach said, “Poor post defense and silly second half fouls by our freshman guards put Pacific at the line repeatedly.”
UC Irvine coach Pat Douglas said, “Poor defense allowed the young Irvine guards to put Pacific at the line repeatedly. Rest assured, that was not our intention,” UC Irvine Coach Pat Douglas said.
PLAYER OF THE WEEK:
Nick Van Groningan, for the second half, Coach Jackson said, “We came out aggressively to start both halves. Then there was a mental lapse which resulted in weak defense allowing UC Irvine to attempt their comeback.”
Preaching wisdom relentlessly seems to have a positive outcome. The Pacific women have a firm grasp on one definite purpose. As Coach Jackson said, “We do not lose here very often. You gotta win at home to stay competitive.”

The Pacific Women’s Basketball team fulfilled this athletic purpose this weekend winning with a final score of 72-66. Team quickly took this win, stuck it under the belt quietly and focused their attention to their next opponent, Long Beach State.

$1,000 Scholarship

ATTENTION ALL STUDENTS

LENA BARNUM-EVERETT SCHOLARSHIP

Every spring the Lena Barnum-Everett Scholarship is awarded to students at Pacific for the following school year. The $1,000 scholarship will be coordinated, if necessary, with your other financial aid. Applications may be picked up at the Financial Aid Office in Knoles Hall from 8:30 am to 5:00 pm Monday thru Friday. Applicants must complete an application each year obtain two (2) letters of recommendation from professors, and get an unofficial transcript from the Registrar’s Office. Please submit the original and four (4) copies of your application package to the Financial Aid Office no later than March 1, 2004. Past recipients, this scholarship does not automatically renew. If you have any questions please contact Gail Johnson Donor Relations and Stewardship Coordinator in Hand Hall 3rd floor room 319 or call 946-2996.
Don't Miss the Battle for First Place in the Big West Saturday!

Thursday, February 12th at 7 p.m

Saturday, February 14th at 7 p.m

Plus a halftime performance by the Gentlemen Jugglers

FREE ADMISSION to ALL PACIFIC STUDENTS WITH ID

www.thepacifican.com

Setting a high standard

ByHero FitzPatrick

Sail Writer

With an impressive win at home last Saturday, the men's tennis team set a high standard for the rest of the season. The first match of the 2004 season seemed to be an easy win for the Tigers as they handily beat the UC Davis Aggies.

Sweeping wins in doubles matches gave the Tigers a definitive victory and plenty of confidence for the rest of the matches. Doubles team junior Zdravkovic and Nicolas Otte defeated Aggies Ross Barasch and Kyle Trippsky 8-4, and set the tone for the remainder of the doubles matches. Also turning in stellar performances were sophomore Lennart Maack and senior Jason Hall who had an 8-1 win over Mike Chin and Bastian Bartels, concluding the doubles matches and clinching the first point.

The singles matches proved to be just as exciting for the Tigers, with wins in four of the six matches. UC Davis seemed to struggle against the dominant Tigers, as many of the matches were decisive victories for Pacific.

After a tremendous victory in the doubles match, Maack proceeded to dominate in the singles with a 6-1, 6-0 win over Davis' Mike Chin. Likewise, doubles partners Zdravkovic and Otte, came out strong in the singles. Freshman Zdravkovic prevailed over Aggie Robert Wong in a 6-0, 6-2 win, while Junior Otte obtained a 6-1, 6-3 win over Jayce Fitch. Against the Tigers, the Aggies were only able to win 11 games in the singles matches.

After this victory, the Pacific men have much to look forward to for their 2004 season. Look for the Tigers to be on the hunt for more wins as they face University of Texas, San Antonio Roadrunners today at 1:00 p.m.

Kristen Hess

TIGER ROAR: The Tiger bench gets excited after a solid performance against UC Irvine.

Dinges drops her three's

By Robert Schub

The ladies of Pacific added another home win on Feb. 5 over UC Irvine. Once again, they proved that their strong sense of "we got it." Corinne led the team in points, assists, steals, and minutes played, with 19 points, seven assists, three steals spread out over her 30 minutes of court time. When asked how the team stayed on target despite all the fouls which caused the start and stop nature of the game, Wong said, "All the fouls put so much stoppage in the game we had to get the ball out of the way." The team also had to get used to playing without three of their starters in the first half due to foul trouble.

This strong sense of demanding home "we got it." was an awkwardly paced game due to excessive fouls leading to 35 free throw attempts by Pacific as opposed to only 20 attempts by Irvine. Unfortunately, Irvine hit 80 percent from the line to total 16 points while the Tigers struggled at 60 percent giving them a mere 21 of 35. This statistic speaks volumes for Irvine's near success in leading a comeback and making the final minutes worthwhile. Senior Corinne Wong, a starting guard was able to knock down 10-12 from the line in the crucial moments of the second half despite a slow start. As Wong said, "We were looking for a win and we got it."
ROCK OUT with my COCK OUT
By Jesus Hernandez

Get Crunk wit it, get loose wit it, like short said let Jesus hit it!

Yes, people it is about that time, time for me to rock out and give all of you a brief introduction into my weekly column appropriately named "Rock Out with my Cock Out" that shall consist of the good, the bad, the ugly, and all the bizarre incidents occurring in the sports world. In addition their will be a brief summary of the worlds soccer leagues like the English Premier League, Spain's La Liga, Italy's Serie A, as well as other top leagues. There will also be a weekly Rock Out award section in which Outstanding Pacific Athletes will be mentioned. This week's award could not be given to just a single individual but to two teams as a whole and they are the Men's and Women's basketball teams for their dominance on the court this season. An honorable mention goes out to the Pacific Rugby team as well who are always rockin' out playing that extremely physical game. Don't forget to check out this week Rock Out recipients in action Wednesday at 7 p.m. at the Spanos Center when they take on Idaho. They will also be in action Saturday, Feb. 14 at 7 p.m. taking on Utah State in a fight for the top spot in the Big West. While the women have two away games at Idaho on the 12th and Utah State on the 14th. In the tough English premier league Arsenal hold a five point edge over Manchester United who have one game less that Arsenal, followed by Chelsea in third. In Italy, AC Milan, hold a five-point lead over their closest adversary Roma. To some it's the top league in the world, Spain's La Liga has the Galacticos, Real Madrid leading the table followed by Valencia and Deportivo La Coruña respectively. In other soccer news, Pacific's Men's club team will be taking on Stanford Sunday Feb. 15 at 1 p.m. at Stanford, so get together with some friends and take a short drive over to Stanford to show some support for these guys, it's a 3-day weekend, you have my excuse not to go. I can find a way to rock out with my cock out on this campus then you should be as well. Don't forget to check out "Rock out with my cock out" every Thursday in the Pacifican Sports section.

Games of the week

Today
Men's basketball vs. Idaho
Women's basketball at Idaho
Baseball vs. Northwestern

Friday
Men's volleyball vs. La Verne
Women's water polo vs. U.C Davis
Softball at Stanford Invitational
Baseball vs. Portland

Saturday
Men's basketball vs. Utah State
Women's basketball at Utah State
Softball at Stanford Invitational

THE PACIFICAN
SPORTS

Miah Davis dominates
By Robert Schuh

The Men's Basketball team played two away games this past week. Both were victories and both involved "all-star weekend worthy" performances by Miah Davis. Davis' performance was dominating enough to earn him Big West Conference Player of the week, a career first for Davis and the first of the season for the Tigers.

The honors were shared by Dwayne Williams of Idaho...a little extra to consider for this Thursday nights game vs. Utah State at 7:00 p.m. in the Spanos Center.

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Athlete of the Week

Miah Davis • Senior
Basketball

Davis averaged 23.5 points last week. Against UC Irvine, Davis tallied 26 points shooting 8 from 13 from the floor. Davis shot an astonishing 63.6 percent (14-for-22) last week. Davis will need to step up on fire this week as the Tigers face Idaho and a game of the season against 19 ranked Utah State. Davis is currently undefeated in the Big West Conference.