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The Pacifican September 4, 2004

University of the Pacific

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Dear Pacifican Readers,

I am very excited to present the first issue of The Pacifican to you! Allow me to introduce myself. My name is Jennifer Murphy and I am Editor-in-Chief. I am a Communication major with a print emphasis and this is my Senior year.

The Pacifican is in the midst of many changes in order to clearly represent you, the reader. One of these changes, and the one I am most proud of, is the new staff. This year we have some old timers and a couple of newbees. It makes for a harmonious balance. This staff is awesome and I feel that you, the readers, will be pleased with this paper.

My goal for The Pacifican this year is simple, make this year the best year in the history of the paper. The Pacifican went through a troubling time last year but with the help of the staff, I believe we can pick up the pieces and make our goal come true.

I would like to extend a thanks to our new faculty advisor, Dr. Qingwen Dong. He has been a big help during the rough stages this year. I would like to also give a special thanks to Dr. Keith O. Hilton. Without his guidance there might have even been a paper for Pacific this year. Last but certainly not least, a thank you to my staff. I love you guys.

The Pacifican is for you, the readers, the students of Pacific. This is your paper. With that said feel free to give us your opinion or even become part of our team. We are always looking for student involvement and fresh ideas. After all, this paper is for students by students.

WE'RE BACK! Pacifican Staff is back and ready for action.
October 7
Senatorial Debate Senator Mike Machado and Gary Podesto
Faye Spanos Concert Hall — 7 pm
The incumbent senator for the 5th District, Democrat Mike Machado, joins his chief competition, former mayor of Stockton and Republican, Gary Podesto in a panel debate. A question and answer period with the audience will follow. Hosted by Pacific and Delta College, in collaboration with the League of Women Voters. 

Admission is free.
Contact: School of International Studies, 209.946.2650

October 20
An Evening with Joy McIntyre
Recital Hall — 6 pm
Soprano Joy McIntyre will entertain with a musical program featuring songs from Shakespeare's plays, such as Othello, Hamlet, Twelfth Night, and The Merchant of Venice, among others.

Admission is free.
Contact: Pacific Humanities Center, 209.946.2609

October 22-24 and 27-30 West Coast Premiere
Heart's Desire By Glen Roven
Long Theatre — All performances begin at 8 pm, except October 24, which begins at 2 pm
The provocative and hilarious escapades of four young couples who put the "fun" in dysfunctional each take place in a different American city.

Admission: $12 for general admission and $8 for students and seniors.
Contact: Pacific Theatre Arts, 209.946.2116

October 27
Brown vs. Board of Education Anniversary Symposium
Benedict School of Education — 9 am
This symposium will include discussions and presentations on school integration in the Central Valley. This event is sponsored by University of the Pacific's Office of the Provost, an Eberhardt Teaching Grant, and the Benedict School of Education.

Admission is free.
Contact: Dr. Harriett Arnold, Benedict School of Education, 209.946-2807

November 3
Stockton's Public Art Projects
Reynold's Gallery — Opening Reception: November 2, 2004, 6-9 pm
This exhibition is a collaborative effort with the Public Art Program of the City of Stockton. Some of the items on display will be manhole covers, street grates, street furniture, bus shelter art, and parking garage art.

Admission is free.
Contact: Reynolds Gallery, 209.946.7323

November 3
Pacific Business Forum
Sam Ginn, former Chairman of the Board for Pacific Telesis, AirTouch, and Vodafone
Faye Spanos Concert Hall — 6:00 pm
Reception in Weber Hall Room 112 at 5:00 pm
Sam Ginn, Chairman of the Board at AirTouch when it merged with Vodafone, was instrumental in the completion of that merger. Ginn is a current or former board member of several other companies including ChevronTexaco, HP, Safeway, and Transamerica, and is active in many civic and business organizations.

Admission is free.
Contact: Eberhardt School of Business, 209.946.2476

November 10
Soldiers as Students: The Legacy of the GI Bill
Grace Covel Hall — 10:00 am to 2:00 pm
This event will commemorate and celebrate the 62 veterans of WWII who attended Pacific on the GI Bill between 1946 and 1950. There will be memorabilia exhibits, speakers, special presentations and the recording of oral histories.

Admission is free, but reservations are required. Lunch is provided.
Contact: Professor Norena Badway 209.946.2168

December 3
"A Classical Christmas at the Cathedral"
Cathedral of the Annunciation, Stockton — 7:30 pm
University Symphony Orchestra and University Choruses have teamed up to present the music of Vaughan Williams, Britten and Beethoven's Mass in C major. Guest artists include Timothy Swaim and Jere Torkelsen.

Tickets for this event are available at the door prior to the performance.
Contact: Conservatory of Music, 209.946.2415

December 6-17, 2004
Simply the Thing She Is by Kate Hawley
DeMarcus Brown Theater
All shows start at 8 pm, except Dec. 5, which starts at 2 pm
This comedy takes us backstage into the women's dressing room at a professional theatre, where we learn some very intimate details about Annie, the artistic director's wife, Lissa, the beautiful young ingenue and Billie, an actress in with a past.

Tickets are $12 for general admission and $8 for students and seniors.
Contact: Pacific Theater, 209.946.2116

December 6-17, 2004
4x4 Exhibit and Sale
Reynold's Gallery — Closing Reception Dec. 17, 2004, 6-9 pm
Students, staff, and faculty participate in this fun exhibition where all objects are 4x4 inches, and are for sale at the closing reception.

Admission is free.
Contact: Reynolds Gallery, 209.946.7323

* Look for your copy of the Pacific Presents in various locations on campus.
Taro Cuslidge
Staff Writer

It's six weeks into the school year and sticking around campus is probably getting a little boring. But instead of packing up for a trip home, or leaving the city for an outing, there's a low-cost local solution for a quick campus getaway.

The only problem is it only comes once a week.

Every Friday in downtown Stockton, the California Certified Farmer's Market takes over a street adjacent to the courthouse with booths filled with everything from homemade soap to delicate pastries to delicious peaches. From 9 a.m. to 2 p.m. there's no better place to be at the end of the long week.

It's like a fruity paradise as patrons crowd through the narrow space between booths looking and touching plums, strawberries and blackberries. For a minimal cost - when compared to local grocery stores - the fruit is well worth the trip south of the University of the Pacific campus.

The best thing about the Farmer's market is that everything is locally grown and fresh.

But there's more than just fruit.

Buy some green vegetables to cook up for dinner, or a tomato for later. The ears of corn are large enough to feed two hungry college students. In fact, a majority of what can be purchased at the Farmer's Market is well worth stocking up on for the week ahead. Freeze those green beans for later. Get a red or yellow pepper to add some flair to what could have been a bland meal.

Maybe that meal plan covers the entire week's worth of food. If that's the case, the Farmer's Market also boasts fun knick-knack booths. For $1.50 a funky piece of soap with a little toy inside is a steal, and goes over well for a little brother or sister. Custom made candles looking more like dessert than something that burns could also be a funky addition to dorm décor.

There are even booths selling knock off designer purses - Kate Spade among the choices - and one that specializes in rhinestone hair accessories. One booth has a variety of tie dyed shirts and fashionable clothes for sale. T-Shirts can go for under $10. There's even a booth where faux crystal figurines are for sale and trinkets of Chinese influence.

With the market spreading covering more than a city block, there's definitely something for every type of person - including college students.

And don't worry about getting hungry while down at the market, for $5 a plate of Filipino food is a steal. With white rice, pancit, chicken adobo and lumpia there is enough food to be able to take some home for later. For something a little meatier - literally - there's always a barbeque booth that's sure to make mouths water. Watch out though, the prices can get a little steep. Mexican food, Philly cheese steaks and spaghetti are also among the choices.

The Farmer's Market won't let the patron walk away without dessert though. For the healthier minded there's a booth with almonds spiced up with every flavor imaginable, such as butter toffee and raspberry. On-the-go snacks also include churros and cups full of sliced fruit. Those willing to feel a little guilty at night may venture to the always-busy pastry booths where strawberry turnovers, apple bread pudding, brownies and raspberry filled confections are ripe with flavor.

The best thing about the outdoor market is the locale. Right in the middle of downtown Stockton, only paces from the newly renamed Bob Hope Theatre and a quick walk to the City Center Cinema 16, the market could be the springboard of a day in the heart of this ever growing city.

So next time money is short and a getaway is warranted, take a trip to the Farmer's Market in downtown Stockton. It's cheaper than a trip to the mall and has a lot more character. Just do it before the market ends it's downtown run Oct. 29.
Jazz Legend visits Pacific

By Marcel Gibson
Co-Lifestyles Editor

Last week Jazz legend Jimmy Heath visited Pacific in preparation for a collaborative performance with the Brubeck Institute Jazz Sextet and the Russian Open World Jazz delegation this past Friday. As a founder of the bebop sound, he played with the legends of John Coltrane, Miles Davis, and Dizzy Gillespie during Jazz's golden age of the 40's and 50's. He recorded more than 125 sounds, and for his continued contributions to jazz, he received one of the Jazz most prestigious awards in 2003, the NEA Jazz Master's, putting him with the likes of one Dave Brubeck.

Heath met the Brubeck fellows for the first time in Owen Hall where Institute practices. J.B. Days, director of the Brubeck Institute, described as, "There were regular introductions, everyone shook hands. Then he asked them to play." It was a trail by fire, so to speak, but Heath sat back and smiled. Heath then took the role of a mentor to up-and-coming American and Russian jazz musicians, teaching new variations and styles, with a friendly mutual respect. As Shawn McGinty on the trumpet put it, "If we made a mistake, he didn't jump on us. He's a good teacher."

At its roots, Jazz is a music taught through a rich oral tradition from one generation to the next. Artist would learn the trade by hanging around the masters, and finding the essence on their own. At the Brubeck Institute that day, it was a mix of the formal class structure supplemented by historical teaching methods. Jimmy Heath brought the tradition to the musicians first hand.

It wasn't all work and no play, as the musicians had ample time to chill. They went out to eat at the Redwood Room and he told stories of his days playing with some of the greatest, Drummer Hayden Hawkins said, "He's really cool and friendly," and remembered a story Heath told about a Miles Davis that did take criticism to well. "He (Davis) came off the stage saying his back was hurting. Jimmy said, 'If you get off the damn wa-wa pedal you're back wouldn't hurt. Miles walked off.'"

That night brought a concert that was off the charts. Heath, the delegation and the Institute mix and matched creating a variety of ensembles, playing amazing tunes. When the night ended, it was time for Heath to head out. "He's one of the last one's left," says Dominic Thiroux on string bass. "He's a legend."
HOROSCOPES

Libra 9/23-10/22
Better get those chores done early, because you could have some surprise company tonight -- especially if your dinner plans work out. Forget that it's a school night. Stay up late.

Scorpio 10/23-11/21
No one knows quite as well as you do that passion has two faces. You'll be seeing them both now, and dealing with them will be tricky. Fortunately, this is your official area of astrological expertise.

Sagittarius 11/22-12/21
They're not just sending you mixed signals -- they're trying to tell you something sensitive. Before you overreact and demand the truth, count to ten. They could surprise you in a wonderful way.

By Mikey Vu

As many of you may remember from my House of the Dead review last year, I am not very fond of movies that are based on video games. As a matter of fact, I loathe them with a burning passion that rivals a thousand suns. With fantastic celluloid abortions like Super Mario Brothers, Street Fighter: The Movie (It starred Van Damme, where could it have gone wrong?), and an upcoming sequel to House of the Dead, you can see why I would rather gouge my eyes out with a spork than to see these movies plague my local Cinerplex.

With that said, I proceed to my review of Resident Evil: Apocalypse. First off, everything I said above rang true when I sat through the first Resident Evil: it had kung fu matrix fighting with dogs(wtf?), a talking robot computer named the Red Queen, and acting so stiff Ron Jeremy would be envious. At this point I was sure director Paul WS. Anderson was a frequent rider of the short bus, but as the end of the film neared and I heard the words “put him into the Nemesis project,” the video game nerd in me smiled a little at the prospect of seeing Nemesis on the big screen for the sequel.

Now, my expectations set a little higher, but if you’re watching Resident Evil: Apocalypse, I got exactly what I was expecting. Instead of a contrived and failed attempt at zombie horror that bore little to no resemblance to the game, Resident Evil: Apocalypse made me feel I was actually playing a game from the series. The setup begins with the Umbrella Corporation re-opening the “hive” from the first film, and soon Racoon City, a large well populated suburb, is infested with zombies and quarantined. As you can see, screenwriting was clearly not where the budget went. Soon after, Alice (Milla Jovovich) reawakens in the hospital and finds herself once again in the midst of a hostile zombie takeover. Little does she know however that her boyfriend from the first Resident Evil film has been transformed into a rocket launching, machine gun toting, STARS killing monstrosity named (insert scary boogyman voice) NEMESIS. To make a long story short, the survivors have to track down a scientist’s lost daughter and bring her to safety in order to find safe passage out of the aforementioned quarantined city.

Now, what exactly did I think of the movie? As expected it was far from a good piece of cinema. They still had the obligatory dog fighting minus the kung fu, glimpses of the Red Queen again, and acting that was still stiff enough to make Kirstin Dunst and Keanu Reeves look like Jimmy Stewart. But I’m sure the question you’re asking is, “Hey Mikey, is it entertaining at least?” Sure, if you’re looking for a nice popcorn flick to kick back and ridicule with your friends then it’s a great movie. It has Day-Day from Next Friday, precisely six boobs, and hot women toting shotguns. So if you want a decent zombie film that’s scary and entertaining I suggest go see the recently remade Dawn of the Dead, but if you’re looking to satiate that video game nerd inside of you then go ahead and spend that $8.50 on Resident Evil: Apocalypse. Or you could save that money and go buy your girlfriend something nice. Like a ring-pop.

My Grade: C

Hot Stuff: Milla Jovovich poses for photographers at the Resident Evil: Apocalypse premier.

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My Grade: C
Nascent democracy emerges in Malawi

STRONGMAN GONE: Former dictator of Malawi, Kamuzu Banda.

Staff Writer

This past summer I had the privilege of interning for the United States Agency for International Development in Malawi. While I was there, I attended the annual opening session of the Malawian Parliament. It was an important day: the nomination and election of the Speaker. The setting: a large former dining room with high walls and tightly drawn curtains.

Seated in the large room of red with green panels and golden images of lions, I found myself initially unimpressed with what I considered childish behavior of members of Parliament. Jeers and rude gestures were abundant. Newly elected members of Parliament seemed, in my opinion, to struggle to remain in order, unable to suppress their loud and boisterous remarks. One man in particular made it a habit of pacing back and forth on the floor, loudly heckling members of the opposition party as they waited their turn to vote.

Yet, upon reflection, my interpretation of the meeting and its participants has changed. Below are impressions which I recorded as I waited for the votes to be placed:

It is a lions’ den, bathed in red and shaded from the clarity of the sun’s light. Intermittent panels of green break the otherwise uniformly crimson surface, indicating hope of an opposition.

I sit in the seat of Malawian Parliament. The heavy air is filled with cries and exclamations. Laughter breaks out among the yells. It isn’t hostile, but the interaction is certainly not cooperative and doubtfully productive. As a foreigner, I find the process to elect the speaker to be more frustrating than anything.

Here in Malawi, Parliament meets in the dining room of the notorious former dictator Dr. Kamuzu Banda. When I first heard of its location, I was both disgusted and intrigued. “His dining room? He had a dining room large enough to house Parliament while his population starved?” I imagined an ornate and crowded room of white China patterns proudly displayed along the walls. Above the center of the room, a chandelier would hang, reflecting shards of light on a small group of political representatives who sat deep in discussion around a polished mahogany dinner table.

This was the dining room of a great estate outside of whose sprawling grounds and high walls countless men, women, and children struggled daily to survive—many without success. Against chronic hunger, devastating sickness, and almost insurmountable odds they continually fought while, inside, dinner was served.

Today, and in reality, things are different. The room (which was only painted white in my imagination) is predominately red, partly green, and laced with gold. The year is 2004 and the dictator is gone.

In this newly elected democratic government, members from the majority, opposition, independent and coalition parties congregate.

In my foreign perception, they struggle through a fairly straightforward process to nominate and elect a speaker.

The U.S. is fighting the good fight in Iraq

By Robert Christian

Staff Writer

The war in Iraq is a fierce struggle. Shockingly, this is a surprise to some in the Bush administration. I have never been mistaken for Nostradamus, but I had little doubt when I decided to support the war that it would be a long, tough road to democracy and justice in Iraq.

The Iraqi people wanted, and continue to want, freedom. They also do not want to be occupied. Is it not reasonable to want both of these simultaneously? Certainly, however, if American troops were to pull out of Iraq, tyranny and civil war, not freedom, would ensue. Therefore, we must continue to fight the good fight.

Why is it a good fight? This week I will defend the position that there is such a thing as a good fight. I must prove that true justice is not dependent on culture or one’s personal desires, but rather, is indivisible, universal, and requires some people to tell others that their thoughts and beliefs are wrong.

Some moral relativists argue that we should not impose our beliefs of what is good and just on others, and we should not intervene in their internal affairs. If one accepts this, then they must never speak out against genocide, nations developing nuclear capabilities, female genital mutilation, laws that punish female rape victims, nations that kill their political opponents, nations that harbor and support
Is our Democracy strong enough?

By Alex Wagner
Guest Writer

Is our democracy strong enough to withstand another constitutional crisis like the one that occurred after the 2000 presidential election? At a time when the stakes of the presidency have soared due to a series of events over the past four years—the September 11th attacks, a war in Iraq, looming tears of terrorist attacks, deterioration of our reputation among the international community—will Americans accept another president who does not win a majority of the popular vote?

It's an important question because at the heart of this issue is whether our institutions are not only strong enough, but also democratic enough for us to go on referring to our nation and believing that we are democratic.

While many Americans may think this question is irrelevant—America, strength and democracy go hand-in-hand—perhaps they should try to imagine a scenario in which the most undemocratic element of our constitutional system once again, denies the office of the presidency to the winner of the popular vote. It is to avoid this situation of having to explain to the American people that every vote is counted the same unless the vote is cast from a "swing state," that the Electoral College should be abolished.

There are important arguments for keeping the current system of allowing 538 electors to have the ultimate authority to choose the next president. One popular argument for its existence is that without the Electoral College, California, Texas and New York would decide each presidential race.

But, using the same logic, why should votes in Wyoming, whose 500,000-person population represents less than one percent of the total U.S. population be worth more than votes in California, whose 35.5 million population represents nearly 12 percent of the total U.S. population?

Take the Electoral process a step further and it becomes even more undemocratic.

In the event of an Electoral tie, the voters are simply sent to the House of Representatives, where each state gets one vote. In other words, one vote for Alaska's 600,000 residents and one vote for New York's 19 million.

There are many who believe this system is fair and necessary in order to protect the interests of people living in the smaller states, and to a degree they are right; democracy does allow for the protection of minority interests.

In 1789, when this system was devised, people living in more sparsely populated states certainly did have special interests that differed from their Northern dwelling compatriots. But, in 2004, why should votes in Wyoming, where the residents of Texas that have no qualms about the electoral system?

The separation of church and state does not mean that politicians and voters should vote against their consciences or their faiths. It means that all people’s beliefs will be on equal ground, and all people of faith are free to debate the issues with their own notions of justice in mind, regardless of how these notions have been developed, including through the development of spiritual reason.

The separation was not only so that government would flourish, but also so that religion would flourish, as all religions would compete in the market of human thoughts and beliefs. The founders did not want the government to force people to practice one religion, and they did not want any religion (including atheism, the firm belief in nothing) to force the government to rule a certain way.

One of the reasons they gave both the Establishment and free exercise clause is that they desired a people of faith and philosophy.

However, secular extremists have convinced many people of faith to abandon their beliefs and conscience in the name of the separation of church and state. While they try to destroy the right to fully practice one's religion (they have been successful in France where Muslim headscarves, large crosses, and other religious articles are banned), they have convinced many people of faith to stand by idly, while they propagate the fallacious claim that this was the founder's intent.

Justice is not humanity's invention; it is humanity's greatest and continuing discovery. Justice is not an issue of reciprocity; it is an issue of love. How can we use our wisdom to make our love of our brothers and sisters translate into their full development as physical, emotional, intellectual, and spiritual beings and ensure that they experience the greatest amount of genuine joy.

Rights are the means to a joyful and fully developed life; they are not the meaning of life. Rights can, however, be required to ensure that the true ends of human existence occur more regularly and universally.

Too many people claim compassion for others, while they say nothing of murderous and tyrannical dictators.

Too many do cry out against these regimes, but still do nothing to stop them. There is evil, and it will dominate the weak, unless the forces of good have the courage and conviction to eradicate it. The good must be strong. They must not hide behind a false humility or a desire to remain neutral and pure.

Secular fundamentalists can decry what I have said as being the product of my religious beliefs. My religion matches my reason. Many religions hold the keys to various spiritual truths, which do not contradict intellectual truths.

The secular fundamentalists are right. My faith in the cultivation of humanity's spiritual nature is the foundation of my belief in love. Perhaps secular fundamentalists are right and all we need is a little less love and a little more enlightened self-interest.

I am bound by duty to God and man to seek justice and live by infiltrating love into every action. I encourage all people of faith to fight the extremism of the secular fundamentalists, live based on their convictions, and honor the path of love and justice.

Next week I will describe why the war in Iraq is a just war.
STOCKTON CITY CENTRE CINEMAS 16 SHOWTIMES
FRI 10.01.04 To THU 10.07.04

***SNEAK PREVIEW- “SHALL WE DANCE?”, SATURDAY, 7:25pm***

“Shark Tale” (PG) ON FIVE SCREENS! NO PASSES
11:00, 11:15, 11:45, 11:55, 12:25, 1:30, 1:55, 2:15, 2:35, 3:10, 3:45, 4:10, 4:55, 5:00, 5:45, 6:30, 7:15, 7:30, 8:30, 9:00, 9:45

“Ladder 49” (PG13) ON TWO SCREENS! NO PASSES
11:35, 12:15, 2:10, 3:00, 4:45, 5:40, 7:20, 8:15, 10:00

“The Forgotten” (PG13) ON TWO SCREENS! NO PASSES
12:00, 2:15, 4:45, 7:05, 9:20, 10:05

“Shaun of the Dead” (R) NO PASSES
12:10, 2:40, 5:10, 7:45, 10:10

“First Daughter” (PG) NO PASSES
11:05, 1:45, 4:15, 6:50, 9:15

“Sky Captain and the World of Tomorrow” (PG)
11:00, 1:40, 4:20, 7:05, 9:35

“Mr. 3000” (PG13)
11:10, 1:35, 4:05, 7:00, 9:25

“Resident Evil 2: Apocalypse” (R)
11:20, 2:00, 4:40, 7:10, 9:40

“Cellular” (PG13)
12:05, 2:30, 5:05, 7:40, 9:55

“Anacondas: The Hunt For The Blood Orchid (PG13)
11:40, 4:50, 9:50

“Without A Paddle” (PG13)
11:35, 1:50, 4:15, 6:45, 9:10

“Collateral” (R)
9:30pm

“Hero” (PG13)
2:20, *7:25

*NO 7:25 SHOW SATURDAY ONLY!
Sox's are only separated by 3 1/2 games but the Sox of baseball wanted to con­ have a pretty good lead in think that the commissioner I like to call it, is trying to tract the Twins. In the AL three years in a row and to thought of the AL central has been in good rating 1st place from 3rd. that have chosen to play in Europe signed season long while north and catch riv­ ers cats games, the A's triple A affiliate or if the want to see the big boys drive an hour to the bay and catch a two dollar Wednesday game. So if you like to see the youngsters, the players about to be called up or the guys that make millions and throw chairs, you will only be a short drive away.

Unfortunately for you Hockey fans, the will be a lockout, no NHL season. The majority of the players are signing contracts to play in Europe. The players that have chosen to play in Europe signed season long contracts with clauses that will allow them to leave and return to their NHL teams if the lockout ends, but NHL superstar Peter Forsberg of the Colorado Avalanche has said he will stay with his European team all season long even if the lockout ends.

I'm still out on the grind, I'm a free agent, sign me if you feel me.
By Maryann Pearson
Student Victim Advocate
Cowell Wellness Center

Everybody's doing it or are they? Actually, according to the Core institute, in the last year, at least: 97.2% of college students did not use Cocaine, 93.7% of college students did not use Amphetamines.

94% of college students did not use Designer Drugs, and 99.3% of college students did not use Steroids.

The basics on how some of the drugs you've heard about since you were a kid affect you.

*Marijuana - Pot, weed, herb, ganja - What it is: The dried leaves of the cannabis plant, which contains THC - the chemical that alters perception. How it's taken: Smoked in a cigarette ("joint") in a water pipe ("bong") and in cigars ("blunt"); baked into brownies, brewed into tea. Short-Term Effects: Gives a feeling of relaxation and can make regular things seem funny; can also invoke paranoid feelings. Long-Term Effects: Can cause memory loss, shortened attention span "apathetic" syndrome, weight gain, breathing problems, colds, heart palpitations, gynecomastia (guy growing breasts) and smoking-related cancers.

*Amphetamines - Speed, uppers, bennies, exes - What it is: A stimulant in tablet or pill form. How it's taken: They're inhaled, inhaled or swallowed. Short-Term Effects: Increased heart rate, blood pressure, and temperature; increased talkativeness, reduced appetite, visual and auditory hallucinations. Long-Term Effects: Addiction; destruction of the nasal passages (if snorted); lung damage (if smoked); paranoia; aggression; depression; heart attack; and death.

*Methamphetamine - Crystal meth, crank, glass, ice. What it is: An addictive stimulant; it's a crystal-like powder that's usually white or yellow depending on the purity; can also come in rock form. How it's taken: Inhaled, snorted, smoked, or swallowed. Short-Term Effects: Increased activity level; suppressed appetite; a rush or "flash" feeling of well-being when smoked or injected; a high when snorted or swallowed. Long-Term Effects: Tolerance comes quickly and user needs more meth to get the same high, forcing user to go on binges that last for days. Long-term users experience depression, anxiety, fatigue, paranoia, aggression, insomnia, hallucinations (especially "bugs under the skin") delusions, sometimes suicidal or homicidal thoughts.

*Steroids - Juice, rhoids. What it is: Manufactured testosterone-like drugs. How it's taken: Swallowed in tablets or liquid; or injected. Users take them in patterns called "cycling", which means they take them over a specific period of time, stop, then start taking them again instead of continuously using them. Short-Term Effects: Increases muscle mass, strength, and endurance, but can also cause liver tumors, jaundice, water retention, high blood pressure; some uses show bad judgment because the drugs make them feel invincible. Long-Term Effects: Hypertension, high cholesterol, stunted growth; heart damage; women experience irreversible deepening of the voice and masculinization of genitalia; men experience shrinking of testicles and impotence.

Need help with substance abuse? Call the Counseling Services for an appointment. We are a confidential resource. 946-2315.

PROFESSOR PROFILE

By Laurel Hoover and Jennifer Murphy
Pacifican Editors

When you think about the Print Journalism program at Pacific, one name comes to mind. Assistant Communication Professor, Dr. Hilton, earned his Bachelor of Science at none other than the East Tennessee State University where he majored in journalism with a minor in history. But his well-roundedness does not stop there by any means. Hilton received his Master of Science at Illinois State University where he attained his Counseling Education and qualifications. St. John's University was where he earned his Professional Degree and certification in African & Asian cultural studies, and last but not least, it was at Claremont Graduate University where Dr. Hilton earned his Doctorate of Philosophy, what else could we ask for of a professor at this University. As most of us know and appreciate, Dr. Hilton's duties consist of coordinating the department's print journalism/print media sequence in addition to strengthening academic preparation and skill level of current students interested in graduate study and entry level media careers. Not only has he devoted himself completely to the guidance of his students, but he has also managed to become a mentor for most of us.

Dr. Hilton describes his role here at Pacific as follows, "I see my role in the Department of Communication as being divided into four overlapping tasks: instruction, research, public service, and institutional governance and operation. The main function is instruction, that is, direct teaching of students." For those of us who have had the unforgettable experience of having the opportunity to take a course from Dr. Hilton, whether it be his courses on Communication Theory, or his course on News Writing, I have no doubt in my mind that each and everyone of us walked away a more knowledgeable person. For any of you who have not been given this opportunity, I recommend that you take it up, especially if you plan on furthering your career in journalism.

A few of the professional memberships in which Dr. Hilton is associated with are; American Association for Higher Education (AAHE), Association for Education in Journalism and Mass Communication (AEJMC), the Association for Excellence and Equality in Education (AEEE), National Council for Black Studies (NCBA), National Ethnic Studies Association (NESA) and the college Media Advisers Association (CMA). His incredible list of accomplishments does not stop any time soon. In addition to these outstanding memberships, one of Hilton's proudest accomplishments was when he achieved his first successful grant of $150 thousand three-year TRIO grant while at Ferrum College.

Pacific's Print Journalism program is small but with the help of Dr. Hilton, it is slowly growing. The Pacifican is a direct example of that every guidance. Dr. Hilton has played an imperative role in the upkeep and development of the Pacifican in the past years. This guidance is the reason Dr. Hilton is recognized as a great print journalism professor and mentor.

We have no doubt in our mind, that with this incredible background and range of experience, that Hilton will go far in life and succeed in whatever path he chooses to take.
POSITIONS AVAILABLE:

Staff Writers
Web Master
Distribution
Assistant Production
Advertising Representatives

If interested, please contact
The Pacifican at
946-2195
(Work study preferred but not required)
Athlete Profiles

By Jennifer Hite-Smith
Sports Editor

Allison Shasky

Allison first discovered her passion for swimming at the age of five when she got an invite to join a summer swimming league. Now 21 and a senior, she will be completing her fourth year on Pacific’s team. Staying with the sport for so long has been one of the most difficult challenges she has faced yet. As Shasky puts it, “there is a light at the end of the tunnel, and you know, your swimming career is coming to an end after that.”

Tim Teeter, the head coach for both the men and women teams is very impressed with Allison’s return this year. “She came back very focused and it can’t be easy taking 20 units a semester but Allison has had no conflict with regards to her hectic schedule and in no way has it interfered with any of the practices,” admired Teeter. Shasky also seems to think that the semester is going smoothly. “I think I have a positive attitude which really helps with the daily grind of getting through workouts,” says Shasky. We have no doubt that her positive attitude has been a major factor in her role on the team this year.

J.P. Russell

“J.P. has been a team leader both in the water and out of the water,” Tim Teeter proudly states. J.P. admits that staying focused mid-season is the most difficult challenge he faces each year and considers sticking with the sport is an accomplishment. J.P. may even call his greatest. “Swimming is a very demanding sport. It is definitely hard to stay on your feet and not to get burned out,” says Russel.

The swim team practices every weekday afternoon and at least 3 mornings of the week. Even with this grueling routine, J.P. has managed to pull through and stay strong. His secret; “once I’m in the water, I can focus and think, I can push myself,” he said. J.P., now a senior at Pacific, is in his fourth year on the team with accomplishments such as Conference Champion and would hardly say it wasn’t worth the effort. “My favorite aspect of swimming is traveling with the team, and being with the guys,” he said.

Fantasy Football Report

Week 4

By Jeff Alfereh
Guest Writer

Quarterbacks

Studs- Donavan McNabb has been the highest scoring fantasy football QB this year and it shouldn’t stop him with the Eagles visiting the Bears this week. Aside from Aaron Brooks should have a huge week against the Cardinals, and Marc Bulger against the weak 49ers defense is a solid play.

Duds- Trent Green finally had a decent game last week, but that was against a weak Texans defense and the Chiefs still lost at home. Don’t expect green to repeat the performance against the Ravens in Baltimore. Steve McNair has only thrown one touchdown pass this season and a little under 500 yards total. He could be limited due to a bruised sternum, but you have to play him unless you have a quality backup option.

Sleepers- Michael Pittman returns to the Bucs this week after a 3 game suspension, and couldn’t have chose a better time as starting back Charlie Garner is now out for the season. He jumps right into the starting spot but don’t expect too much right away, as Tampa Bay hasn’t had much of a running game so far this season. Tyrone Wheatley was one of the most dropped players after Week 2. He responded with his best game of the season against Tampa with 102 yards and 2 touchdowns. The Raiders play the Texans this week and Wheatly has a chance to show what he can do.

Wide Receivers

Studs- Terrell Owens should have a field day against Chicago just like Randy Moss did last week, and Torry Holt should haul in a touchdown or two against the ’Niners. Joe Horn was supposed to take a back seat to Dante Stallworth this week, but Stallworth has been inconsistent and Horn has been playing terrific. He made an acrobatic catch last week to score, and expect big things from him this week against Arizona.

Duds- Peerless Price has been a disaster ever since he joined the Falcons last year. He was supposed to become a top tier receiver with a healthy Michael Vick this season, but hasn’t shown it at all with 96 receiving yards all season, and will not show it against a tough Carolina defense. Santana Moss has not lived up to expectations so far this season either, and it will be hard times for him against a solid Miami secondary.

Sleepers- Brandon Stokley becomes a viable fantasy option after a 2 touchdown game last week against the Packers. Peyton Manning looks for all his receivers and Stokley is less likely to be double-teamed than Reggie Wayne or Marvin Harrison, giving him opportunities for big plays. Ronald Curry has had nice stats the past 2 games and with Collins starting, is probably the best wide receiver option at the time out of Oakland. And after 2 average games, the Redskins Rod Gardner blew up for 167 yards and 2 touchdowns on Monday Night. The Redskins have a nice stretch coming up against subpar defenses, so snatch him up if he is available.

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