Pike men get a ‘Hit of Reality’

Mark Pekarek, junior member of Pi Kappa Alpha, curls up in his sleeping bag as one of many participants in the fraternity’s philanthropic event “Hit of Reality” last week. The men went “homeless” for three days to raise money.

ASUOP Senate talks of hike in tuition price

BY LAUREL HOOVER
Staff Writer

Pacific students can expect yet another raise in both tuition and room and board fees come the beginning of the 2002-2003 school year, due to a number of university needs.

Vice President of Business and Finance Patrick Cavanaugh gave a brief presentation last Wednesday, Dec. 5 to the ASUOP Senate committee about UOP’s current room and board rates and the proposed increase for next year. He also compared these rates to other private institutions throughout the West.

During his presentation, he continuously referred to UOP’s various critical needs as well as the increases and decreases that are linked to the enrollment of each of the different schools.

Many of Pacific’s financial goals for fiscal year 2003 were discussed at the meeting. “We plan on diversifying all of the universities’ revenue sources, ensure resources are available in order to provide a superior, student-centered learning environment and last, to protect our university’s reputation as one of the best values in higher education,” said Cavanaugh.

On Friday, Dec. 7, the Finance Committee of the Board reviewed the tuition, room and board increases for the next school year to see Rooms page 2

Lighting problems addressed by campus

Campus safety walk provides for future improvements

BY AMBER PROCHASKA
Staff Writer

ASUOP and administrative representatives conducted a walk through campus late September to make note of current lighting problems that could pose a danger to students at night.

“This event is important to show administration areas students experience at night. [Administration] doesn’t walk around at 9:00 or 10:00 at night. The point is to show them where we need things, such as emergency phones, new sidewalks and new lighting,” said ASUOP President Matt Olson.

ASUOP held their first campus safety walk on Sept. 20. They wanted administrators to see the dangerous walking conditions around campus.

The participants included: ASUOP President Matt Olson; ASUOP Vice President Jon Johnson; Vice President of Student Life Julie Sina; Director of Residential Life and Housing James Falcone; Health Educator Maryann Pearson; Support Services/Physical Plant Director Joe Kirim and Chief of UOP Police Robert Callaway.

These participants met at Burns tower at 9:00 p.m. and went into the South Conservatory Complex and followed Stadium Drive to the School of Education to tour South Campus.

From there, the group The bridge connecting central and north campuses was one of many targets for new lighting after the walk.

See page 11

See a land of wizards, dwarves, elves and hobbits in the first “Lord of the Rings” movie which opens Dec. 19.

Women’s basketball has high hopes heading into conference play this season.

See page 20.

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come. One of UOP’s main goals is to assure that the cost of energy remains at a steady rate. In the last fiscal year, the school’s overall energy rates have greatly increased by over 90 percent. As a result of this, Pacific has negotiated the rate with the natural gas supplier, therefore making it possible to provide the campus with a somewhat steady supply of natural gas.

Among UOP’s increased tuition plans, are the budget priorities for Fiscal year 2003. The Business and Finance board plans to invest in the university’s areas of strength, therefore enabling them to provide the necessary resources for us to enhance all academic areas.

In addition, the board hopes to improve student programs; meaning providing lower costs and a wider variety of recreation opportunities and plans to enhance every aspect of the counseling services.

Ben Laskey, a member of the ASUOP committee, questioned Cavanaugh at the Senate meeting about the university’s unnecessary spending on inadequate things. He said, “Why put money towards air conditioning in Weber Hall in late November when the money could go towards more important things.”

Laskey also wondered if the university could reduce these costs rather than raising the tuition by so much. On a similar note, ASUOP President Matt Olson said, “I strongly feel that a tuition increase must be a last resort and that the increases in room and board fees must be used to improve the quality of life of residents, especially those living in areas that have fallen behind in maintenance. It does appear that the university is doing everything it can to keep the increase to a minimum and that any future saving in energy costs will be passed on to students.”

Towards the end of the meeting other questions arose such as the one asked by Jennifer Fredette, who is also a member of the ASUOP council.

“I find myself wondering if you would include the rodent problem because it is a really big issue around our campus,” she said.

In response, Julie Sina, vice president of student life, mentioned that in almost all residence halls here on UOP’s campus the university is trying their best to make whatever improvements are necessary to improve their living conditions, even the rodent problems.
The university is adorned with lights and decorations as students and faculty on campus are celebrating many different religious holidays.

The Islamic holy month of Ramadan is already taking place. This holiday is a celebration of when God handed down the Holy Quran to Muhammad. There is the Feast of Ramadan in which members of the Muslim faith observe a strict fast during daylight hours and then have small meals at nighttime. They are also not allowed to smoke or have sex for the entire duration of Ramadan.

The 27th day of the month on the Islamic calendar, which is called Laylat al-Qadar or “Night of Power,” Muslims gather to celebrate the actual day in which Muhammad received the Quran from God.

Abd Algarbi, president of the Arabian Gulf Association said, “At this time family and friends usually gather to break fast at special meals. We usually come together to celebrate tradition and have food. There are also many prayers at this time which last an hour. The last night of Ramadan, my family usually gathers and stays up all night to get more out of the entire holiday.”

He went on to say, “I like this season because family and friends gather together more.”

Farah Chohan, co-president of the Muslim Student Association said, “During Ramadan my whole family goes to the mosques, prays, exchanges gifts and breaks fast. It is a special time because I get to see family and friends and get to think and grow closer to God.”

When the month is over, Muslims celebrate the Eid al-Fitr, which is the Feast of Fast Breaking in which gifts are exchanged among family and friends. This holiday celebrates the religious principles and history of Muslim believers and brings families and friends of the same religion closer together.

Kwanzaa is a fairly new holiday that was first celebrated in 1966 in the United States. This holiday is celebrated from Dec. 26 through Jan. 1. Each day of the celebration is based on a principle. In Swahili these principles are called “Nguzo Saba” which means “first fruits.”

The seven principles are Umoja meaning “Unity,” Kuichunga meaning “Self-Determination,” Ujima meaning “Collective Work and Responsibility,” Ujamaa meaning “Cooperative Economics,” Nia meaning “Purpose,” Kuumba meaning “Creativity” and Imani meaning “Faith.”

This holiday is meant to bring people who celebrate it a better life by remembering, reasserting, recommitting, rewarding and rejoicing. Many that commemorate Kwanzaa strive to be better focused, have purpose, principles, goals and a sense of direction.

The man credited with creating Kwanzaa, Maulana Karenga, will speak on “Kwanzaa, Peace and Justice in the World: Cultivating and Harvesting the Good” at 6 p.m., Sunday, Dec. 16 in the University Union Ballroom at California State University, Sacramento.

Karenga, a professor of black studies at CSU Long Beach, will discuss the quest for justice in the world using the Kwanzaa concepts of cultivating, harvesting and sharing good through the practice of Nguzo Saba or the Seven Principles. Tickets are $20 general and $15 for students and are available at The Beat, 1700 J Street in Sacramento.

The Jewish holiday of Hanukkah started at sundown on Sunday and will end Sunday Dec. 16. This holiday is celebrated on the 25th day of Kislev on the Jewish calendar.

Hannukah celebrates the re-establishment of Jewish independence and autonomy. In the early days of their founding they had a decisive victory of their Roman oppressor Antiochus that was carried out by the Macabee army under the leader Matthias.

Therefore, people of the Jewish faith celebrate the victory by lighting the Menorah all eight days of the holiday and remembering the oil that lasted the Macabee men eight days in the temple after they returned from their victory.

Hanukkah is another time in which family and friends of the same faith can gather together in tradition.

Christian and Catholic believers celebrate their major holiday of Christmas in this season with the birth of Jesus. This holiday is celebrated on Dec. 25, even though Christ was not actually born on that day.

Believers of this faith have four weeks of advent leading up to Christmas, which are different depictions of his story and principles of the faith. Many believers also attend a Christmas Eve service on Dec. 24 to commemorate and celebrate the birth of Jesus. It is told that Jesus was born to the Virgin Mary 2002 years ago in Bethlehem.

Christians and Catholics of different denominations celebrate this day in different ways, yet most involve bringing families and friends together to remember the past.

Jerry Haraguchi of the Intervarsity Pacific Christian Fellowship club on campus said, “This Friday our group will celebrate the Christmas season with a party of sorts in which all are invited. Professor of Religious Studies Larry Thiel will also be speaking on ‘What does the cross have to do with Christmas?’

He added that the Band To Remain Nameless will be playing and leading the group in holiday carols and other songs and dessert will be served. For all interested the meeting is Friday at 7:00 p.m. in Tigers Lounge.

Professor Cox makes an atypical English teacher

By JAGDIP DHILLON
Opinion Editor

Professor Robert Cox has one of the longest tenures of any faculty member here at Pacific. He has been teaching at UOP for 30 years. Quite amazing considering that teaching was never his career goal.

Born in Amarillo, TX and raised in Los Angeles, Cox was not sure what to do after high school graduation. After graduating from high school in L.A., he enrolled at University of Southern California, but then transferred to Northern Arizona University, where his parents graduated.

He was a very good student, so good that professors thought he had an excellent chance to win the prestigious Woodrow Wilson Fellowship. This award encouraged him to pursue a teaching career.

“I was not thinking of going into teaching until my professors at Northern Arizona thought I would be a great candidate for a Wilson that led me into teaching,” he said.

After earning a BA in English from Northern Arizona, he took his Wilson Fellowship and went to Indiana University. There he earned his Ph.D. in English and became a professor.

He took his degrees and became an English professor at Rice University in his home state of Texas. He taught there for seven years from 1964-1971. However, by 1971 he wanted to move on from Rice University and began looking elsewhere. Since Rice was an established university, his future held a variety of options. He began looking at UOP.

“I was inquiring about several schools and I chose UOP because it was an exciting place at the time,” he said.

He accepted UOP’s offer and has been teaching various English courses here ever since. It has not always been as exciting as it was in the beginning. He fully admits that there have been rough times.

“There were some dark times here at Pacific because of many administrative changes, but now I feel that the school is back in track,” he said.

During his tenure, he was lucky enough to perform duties outside of UOP like teaching in Norway at the University of Tromso in 1984-1985.

Currently, he is the Chairman of the English department.

Outside of school, he keeps himself busy by participating in marathons and ultra distance running. He frequently runs long distances to keep in top shape. He is also an outdoor person as he and friends scale Mt. Whitney in the Sierras over two years ago.

Keeping physically active, Cox also worked as a Ski Patrol in Kirkwood for nearly 12 years. He also enjoys the less rigorous pleasantries of gardening these activities him young and vigorous.

On a related note, he hopes one day to expand his language comprehension by learning idiomatic Italian.

His obligations as chairman of the English department will continue through spring 2002 and once completed he will continue to be an English Professor. He plans to teach for several more years.

“I really enjoy teaching and being a chairman, taking time away from that and I’m looking forward to being just a teacher again,” he said.

Contributions made by Stephanie Seigen.
American arrested in Afghanistan for pro-Taliban fighting

By CHELSEA SIME
News Editor

John Walker, a 20-year-old from Fairfax, Calif., is currently being held on convictions of possible treason and other charges after he surrendered near Mazar-e-Sharif, Afghanistan as one of the few remaining Taliban defenders.

NBC reports that while officials are unsure of what the American native's exact convictions will be, treason has been a definite suggestion. Justice Department officials have said in the past that any Americans caught aiding the Al-Qaeda or Taliban networks would be tried for treason.

This would make his case one of only approximately 30 ever to be considered in the United States and the most recent since World War II.

Treason, however, is possibly one of the hardest convictions to prove, as the Constitution requires two witnesses in order for the defendant to be found guilty.

Currently, Walker is reportedly cooperating with authorities in giving information that could further link Osama bin Laden and his terrorist connections to the Sept. 11 attacks that killed thousands. "He's been pretty close to the action and he has provided from the Afghan perspective some useful information," said Air Force Gen. Richard Myers on "Fox News Sunday," "I think the evidence is pretty strong that he was right in the middle of it."

According to NBC, Walker supposedly converted to Islam when he was 16 and studied in both Yemen and Pakistan before traveling to Afghanistan to fight under the Taliban regime.

His parents lost touch with him about six months prior to his conviction.

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To the Editor:

HIT? I think miss.

Coming from San Jose, Calif., I know that the relationship between the community and the students at San Jose State University is one that is pleasant and mutually respectful. Conversely, in my 2 1/2 years here I have noted that UOP's relationship with the residents of Stockton is one that is strained, to say the least. Only the most na"ive individual would argue that there isn't a strict "us" and "them" attitude when looking at UOP versus the rest of the community.

The way that we say "townies" reeks of the notion that many of us don't ever want to be associated with this city besides the fact that we go to school here. The manner in which they say "UOP kid" reeks even worse of the notion that we're simply rich snobs devoid of any idea about life outside of our plush SUV's and mommy and daddy's credit card. I earnestly think that we should make an attempt at mending these severed ties with the residents of Stockton (if there were any ties to begin with), instead of further alienating them. Then why, do I ask, would any UOP group intentionally try to perpetuate those ideas that "townies" have on us? This is exactly what Pi Kappa Alpha's so-called "Hit of Reality" is doing.

With this insensitive attempt at home base awareness, Pi Kappa Alpha is blatantly showing the people of Stockton how truly ignorant we are (I say "we" since they are obviously expressing the views of the whole school through all the media attention they've gained).

I ask the loyal readers of The Pacifican, what homeless people do you know who have designer sleeping bags (complete with extra warm linens), wear designer clothes, have cute sorority girls regularly bring them food and snacks, toss footballs around, have pleasant encounters with cops, can reside in groups of 50 together, use clean styrofoam cups to fill up their juice from the convenient dispenser, have access to sanitary facilities less than three footsteps away, eat whole warm pieces of KFC while politely wiping the corners of their mouths with clean napkins, utilize Tupperware to hold other "essentials," have passers-by actually look them in the eyes and donate cash without question, and finally reside in the dangerous free McCaffrey Center, free from any harassment.

The answer to that, loyal readers, is none! To me, it looks more like these guys are camping. The only thing that "Hit of Reality" has to do with homelessness is that a homeless person may at some point eat some of the scraps of that delectable KFC heartily devoured by the members of Pi Kappa Alpha. I don't anticipate any sorority girls going to the heart of downtown Stockton to bring some unfortunate soul a plate of warm cookies, straight from mom's recipe.

The way that I see it, it's like raising awareness for veterans who have lost limbs by hopping around on one foot wearing one of those popular Army T-shirts. It disheartens me that I might someday be pigeonholed as someone who actually supports this, just because of the fact that I go to UOP. They say it's hit of reality, but whose reality are they trying to hit?

Nick Bustos
Manners will relieve holiday tension at home

If you go home for the holidays, a parent's home should not just be a drop-off place, somewhere just for a bed and meals. You really should spend time with your family.

- Becky Dahl,
Educator, University of Idaho

If you go home for the holidays, a parent's home should not just be a drop-off place, somewhere just for a bed and meals. You really should spend time with your family.

- Becky Dahl,
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Discipline is the bridge between goals and accomplishments.
—Jim Rohn

New Year’s resolutions: Another form of procrastination

Christmas is fast approaching, and that means one thing: New Year’s is also right around the corner. People are gearing up for the holidays and are out buying Christmas trees, presents and many other goodies. Along with New Year’s comes the parties, the dropping of the ball in New York and all the New Year’s television shows. But New Year’s is also the time of year when people decide to make their resolutions.

People use New Year’s resolutions to try and finally lose those extra 20 pounds that have been accumulating for some years, or to finally quit smoking or even smaller things like giving up coffee, candy, ice cream or junk food altogether.

But really, New Year’s resolutions are just a way for people to procrastinate.

Procrastination is just part of the American culture and the mindset of, “Oh, I don’t need to do it today; I’ll just do it tomorrow.”

All New Year’s resolutions do is give people an excuse to procrastinate for another month or so, when if these things were really important to people, they would stop doing them immediately.

How many people make resolutions at New Year’s and actually keep them? Probably not too many.

The point of this isn’t to bash New Year’s resolutions and to convince people that they’re not necessary. But instead, it should be pointed out that there are certain things people should follow when making a New Year’s resolution.

Here are three steps to follow when making a resolution:

1. Choose something you really want to change about yourself and set a goal. People need to choose something they truly don’t like about themselves and attempt to fix it. Whether it’s their body shape, personality or habits, if the person doesn’t really have too much of a problem with what he or she is doing, they’re more than likely going to give up on the resolution soon after.

2. Get yourself in the right frame of mind. If people want to stick with their resolutions, they need to get themselves as mentally prepared as possible. This is how they are really going to keep their resolutions.

People need to think as many negative thoughts about the thing they want to change as they possibly can. Think about how what they’re doing is truly hindering them or stopping them from accomplishing what they want to.

They need to really feel the pain of suffering and think that if they can stay with their resolution, they won’t feel this suffering anymore.

Whether it’s thinking of how not working out is making their body lose its shape, or whether it won’t allow them to run a sub-eight minute mile.

In order to be motivated enough to stay with the plan, the person needs to be mentally prepared to take the steps necessary to reach his or her goal.

3. Finally, make a plan. It’s hard to know what needs to be accomplished if the person doesn’t know what he or she wants to accomplish and also what roads they need to take to get there.

So people need to plan out what they want to get done. For example, if someone wants to run an eight-minute mile. The person needs to find out what he or she is running it in right now, then develop a plan to cut the time off until finally it’s at eight minutes.

If people don’t have a plan of action, it’s much easier to let the resolution take a back seat. And then once people start to let the resolution slide, that’s when they get back into the same mindset as before.

Then the procrastination starts again and they think, “Well, maybe next year.”

This editorial reflects the views of The Pacifican. This week’s editorial was written by Bret Barrie. Any questions or comments can be directed to bbarrie@thepacifican.com.
Another view of what the holiday season means

By Jennifer D. Maynard
Staff Writer

For many of us, this holiday season is a time to gather with family, friends and loved ones. It is a time to remember how much we love them and a time to show that love. Whether we choose to celebrate Christmas, Hanukkah or Kwanzaa, this season is full of opportunity. All of these holiday traditions offer us time to spend with the important people in our lives, time to spend strengthening ourselves emotionally or spiritually and time to reflect on how our lives are going. Are we where we want to be in life, are we who we want to be, are there things we need to change, are there new paths to be taken?

Since the holiday season is just around the corner, I have been getting sentimental, remembering my own past Christmases and all that they entailed. My family has grown smaller as older relatives have passed on and I find that I look at the holiday season now varies greatly from the way I saw it when I was a little girl. I no longer consider gifts and goodies the highlight of my Dec. 25.

More than ever I realize that the winter season is what life is all about: family, friends, happiness and peace of mind. Whatever tradition we may celebrate, it is a state of mind more than anything else. Each tradition gives us a way to become our best: to give a little more and to be a little kinder.

Therefore, because the holidays are approaching, I've found some stories about this wonderful season that I'm including in this article. Although they embrace the Christian tradition of Christmans, I hope they offer you some sort of cheer, inspiration or just childlike happiness. I hope you all have a wonderful Winter Break and, no matter how you celebrate, may your celebrations be great!

Taken from a talk by Thomas S. Monson of the LDS Church:

"The spirit of Christmas illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than things. If we change but one word in our Christmas question, the outcome is vastly different. "What did you give for Christmas?" prompts stimulating thought, causes tender feelings to well up and memory's fires to glow ever brighter."

Someone has appropriately said, "We make a living by what we get, but we build a life by what we give." Is gratitude a part of our lives? Giving, not getting, brings to full bloom the Christmas spirit. The poet Ralph Waldo Emerson declared: "Rings and jewels are not gifts, but apologies for gifts. The only true gift is a portion of thyself."

Opportunities to give of ourselves are indeed limitless, but they are also perishable. There are hearts to gladden. There are kind words to say. There are gifts to be given. There are deeds to be done. There are souls to be saved.

At Christmas time during my first year as a bishop, I received a telephone call from a leader in one of the more affluent wards on the east bench of Salt Lake City. Representing the youth of the ward, she asked if there were any poor among our people who needed a "Sub for Santa." I responded that there were some in our ward of scanty means and indicated I had one particular family in mind and that perhaps an experience could be planned which would benefit the young people in her ward as well as this particular family. She agreed.

Within days I provided her with the names, sizes, ages and needs of the children in the family, as well as the parents.

I suggested that each boy or girl could bring to the family on the appointed night a gift which meant a great deal to him or to her personally, then each would have a Christmas which would long be remembered.

The appointed evening arrived, and into the parking lot of the ward drove several expensive cars. These were left behind as we walked to the home, singing carols along the way.

We knocked at the door. Two grateful parents welcomed us in.

A fire glowed in the fireplace, casting its light against the small Christmas tree. At this tiny home between Fourth and Fifth South on Second West in Salt Lake City, the Christmas spirit truly entered each heart. One girl handed to one of the daughters a lovely doll which she had cherished from childhood. She showed the tiny girl how to caress the doll and to hold it ever so tenderly in her arms.

One of the boys presented to a son his baseball glove carrying the Lou Gehrig signature. He explained to the young boy how to catch a baseball. Each gift was lovingly given and gratefully received.

This choice German family, so recently come from war's deporation, simply could not believe that all these gifts were for them.

"Dunke, dunke, dunke," each of them repeated; then in English, "Thank you, thank you, thank you."

"Tis the season in Washington D.C. in front of the White House.

Christmas in California is different than elsewhere

By Erin Ruppe
Staff Writer

What an odd thing it is. As I sit here in Starbucks with my Caramel Frappucino, looking out at the blue skies, sunshine and palm trees, I am struck by the peculiarity and incongruity of the Christmas wreaths and bows lining the street.

This may seem like an exaggerated contrast to you, made up by yours truly to illustrate a point. I am not making this up. I am sitting in the Starbucks on Marconi and Fulton in Sacramento right this moment, writing this article. The sun was so bright that I had to move because I couldn't see my computer screen, and from where I sit now, I can see a total of 14 palm trees, which I had previously thought were a Southern California thing.

As Christmas draws closer (only 12 more days) and I write this last article of the semester, I feel as if I am missing something important. What is Christmas in California?

In other places (although I wouldn't know from experience), there seems to be snow and fireplace, hot chocolate and caroling. It starts after Thanksgiving, so you get a whole month to prepare. But Christmas here seems to be on me before I know it, telling me that I had better run to Target and buy some presents because I wasn't paying enough attention to buy them when I was supposed to and I now have 24 hours to shop and wrap presents for my entire family.

But who can blame me for not buying them sooner? I may have grown up in California, but I know that this is not what Christmas is about. Of course, having finals until December 21 does not help me at all, but that's beside the point.

I have yet to devise a way to get myself in the Christmas spirit sooner. The only thing that seems to help is my fiancé's stubborn refusal to have his heater turned on (which, by the way, I finally convinced him to do). Maybe if I was wrapping presents instead of anticipating my next essay that is due, or baking cookies instead of pulling all of the T-shirts that I put away back out of their boxes, then it would feel more like Christmas.

Besides that, the only other thing that I can think of is that maybe my professors could start having us make construction-paper wreaths and candy canes in class instead of discussing Roman satire and rhetoric. Sure, it's juvenile and maybe I'm the only one who even has this vague sense that they're missing out on something, but hey, a girl can dream.
OPINION

Music has always been medicine for the mind, body and soul

BY JESSICA WAKEFIELD
Guest Writer

While you might not think of music as medicine, it can do wonders for your mental and physical health.

First, music can lift your spirits. It has the power to heal, to calm, and to soothe. Whether you are listening to peaceful instrumental melodies or the soaring vocals of a beloved singer, music has the ability to transport you to a place of peace and tranquility.

Second, music can help reduce stress. When you listen to music, your brain releases endorphins, which are chemicals that make you feel good. This positive effect can help reduce stress and anxiety.

Third, music can improve your mood. When you listen to music, your brain releases dopamine, which is a neurotransmitter that is associated with pleasure and reward. This can help improve your mood and increase your overall sense of well-being.

In addition, music can also help improve your physical health. Studies have shown that regular music listening can help lower blood pressure, reduce the risk of heart disease, and improve sleep quality.

So, the next time you are feeling down or stressed, take a moment to listen to some music. It might just be the medicine you need to feel better.

BY JESSICA WAKEFIELD
Guest Writer

Visit the website of the Elizabeth Glaser Pediatric AIDS Foundation to learn more about their mission and how you can get involved.

Dance for a Chance
2002 Kick Off!!!

Come join us in the fight against pediatric AIDS. Sign up to dance in the marathon, February 23 and 24, 2002 benefiting the Elizabeth Glaser Pediatric AIDS Foundation.

Sign up tables will be located in the McCaffrey Center, Grace Covell, Elbert Covell, the Library, and in South Campus on December 13 and 14 11-2pm. Just in time to hit up your families during the holidays for donations for a great cause.
Composers aren't dead people; they're at Pacific too

By JENNIFER D. MAYNARD
Staff Writer

When most people hear the word composer, they think of an "old dead guy." In a lot of cases they're right: the "Three B's" (Bach, Beethoven and Brahms) are no longer with us. However, there are so many composers alive and active in the world that it is truly amazing. What's even better is that some of them are right here at UOP! I happen to be one of them.

"We are composers. We love to write music and have the music performed by...excellent musicians," said Yoshi Onishi, a sophomore double major in clarinet and music education. "It is always such a fresh experience for us to listen to our own compositions being performed at the concerts; for, we hear something different and new and, most importantly, we learn from the experience."

This concert, to be held in Faye Spanos Concert Hall this evening, Dec. 13, at 7:30 pm, is expected to be "very exciting." The music will not be boring. There will be all sorts of styles and types of music to be heard: everything from clarinet to percussion to computer music.

The semester comes to a stressful close

By LISA HOFFMAN
Staff writer

Only a few more days until the semester comes to an end. During these last few weeks most people that I come in contact with are stressed out and all they can talk about is how stressed they are.

This frequent complaining seems to be a way of mentally preparing for the enormous amount of work ahead of us.

We all know finals are horrible but they are a part of college. So it's important to learn how to deal with stress so that it doesn't consume you.

Aside from verbally expressing your stress to every person you come in contact with, you should try releasing it in other ways. Try and pick a fight with someone who is close to you, a close friend or significant other will work. Then after you yell at each other for a while, take stock of how exhausted you are and enjoy it.

This mental and physical exhaustion will feel pleasant, but you'll feel even better after you and your fight partner decide to forget and forget and decide to get a movie and pig out on junk food until you both fall asleep.

Food is another perfect way to deal with stress. Gorge yourself on your favorite comfort foods, be it ice cream or a bag of chips. These foods taste oh-so-good and they are always there for you in your time of stress.

However, most people realize already that one of the most effective ways of dealing with stress is to exercise strenuously.

If you don't believe me, try it yourself. Shoot for an hour of exercising every day, but give your body one day of rest.

In order to benefit from exercise, it should be something you pursue most days of the week.

This helps to release chemicals in your body that make you feel relaxed, not to mention it takes care of the guilt you may feel from eating too much junk food. When the day passes and night arrives, quit studying and have fun. Smoke a few cigarettes with your friends and chill while watching a cracked out movie like "Meet the Fleeves" or "Four Rooms."

For those who prefer not to smoke carcinogens, drink, but please remember to be nice to your liver.

The end is near, so very near

The semester comes to a stressful close

By LISA HOFFMAN
Staff writer

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Aside from verbally expressing your stress to every person you come in contact with, you should try releasing it in other ways. Try and pick a fight with someone who is close to you, a close friend or significant other will work. Then after you yell at each other for a while, take stock of how exhausted you are and enjoy it.

This mental and physical exhaustion will feel pleasant, but you'll feel even better after you and your fight partner decide to forget and forget and decide to get a movie and pig out on junk food until you both fall asleep.

Food is another perfect way to deal with stress. Gorge yourself on your favorite comfort foods, be it ice cream or a bag of chips. These foods taste oh-so-good and they are always there for you in your time of stress.

However, most people realize already that one of the most effective ways of dealing with stress is to exercise strenuously.

If you don't believe me, try it yourself. Shoot for an hour of exercising every day, but give your body one day of rest.

In order to benefit from exercise, it should be something you pursue most days of the week.

This helps to release chemicals in your body that make you feel relaxed, not to mention it takes care of the guilt you may feel from eating too much junk food. When the day passes and night arrives, quit studying and have fun. Smoke a few cigarettes with your friends and chill while watching a cracked out movie like "Meet the Fleeves" or "Four Rooms."

For those who prefer not to smoke carcinogens, drink, but please remember to be nice to your liver.
**OPINION**

**Hollywood is totally uncreative**

**By James Bellenger**

Guest Writer

When "Indiana Jones and the Last Crusade" first came out, I remember there was a line that went all the way around the theater. "Great Jesus," I thought. "That must be a pretty good movie." Needless to say, I and everybody else who values quality films were sorely disappointed to find out that it was just another overt Nazi-bashing flick. I wonder if anyone else has grown weary of movie after movie that have seemingly no other motive other than to humiliate Hitler and his pet Third Reich? I'm sure there are countless benefits to making movies that casts a Nazi as the antagonist. As long as the bad guy is an established Nazi, or even just a Nazi sympathizer, the producers can avoid explaining the motives or evil intent of the villain to make room for lurid sex-scenes between the hero and the breathtakingly breasted yet mysteriously exotic token woman.

In the mean time, the audiences' respect for the hero grows ever greater as he becomes a symbol of justice, world peace and awesome kung-fu chop-socky action that makes the viewers' feet tingle with kung-excitement. "Indiana Jones" is one thing. I might be able to tolerate just one Nazi-basher in this world. Things get ugly, though, when we see Dustin Hoffman in "Marathon Man," our Lord and Savior Richard Dean Anderson in his made-for-TV "MacGuyver" movies, not to mention the celluloid travesties that were "Schindler's List" and "The Diary of Anne Frank." Does anybody really think that the nightmare of "X-Men" can really withstand critical examination? Let's see... Magneto is evil and a believable villain because... oh, that's right, because Nazis emotionally hurt him. This grievous pain somehow spawned an inner turmoil that not only made Magneto evil, but also augmented his mutant capacitance to incredible proportions. This, of course, is the writers' justification for his malice: nevermind that it makes no sense except for the corell of devout comic-book fanatics, it makes star as the Butcher of Bethlehem, Lieutenant Arsenio Jackson. Now that you're drooling in some sort of pathetic anticipation, I'll make it even better: I'll cast Steven Segal as my only friend in a lonely Nazi world. Between busting jay-walking grandmothers, lotters and the rest of the scofflaw scum that walk free on this earth, we'll get caught up in a cocaine scandal that goes all the way to the top, to the chief himself. We'll stage a grandiose coup-de-tat and overwhelmingly out-gunned; the two of us will prevail with our flamboyant high kicks and even higher high-fives. Spending all this time on character development, we regrettably won't have enough in our budget for special effects or stunt doubles, requiring that all the gross mutilations and "research" into the human pain-threshold that were done in Auschwitz will have to be refreshingly re-enacted. At least it will be convincing: maybe I'll receive an Oscar nod for my work as a director.

I'm sure there will be plenty brouhaha over my work, but like all Nazi movies, it will be met with critical acclaim. Never mind the fact that the plot that unfolds will be refreshingly re-told with the backdrop of the French Revolution. Though there might be important questions to be discussed in elite social circles, they are not to be of any concern to the average viewer. The only thing that people will want to talk about will be those awesome fig scenes. The real question on their mind will be, "Is all that blood real?"
A fellowship that will captivate audiences

By MICHELLE-ELIZABETH VALLE
A&E Editor

Take a look into the world of Middle-earth — a land of dwarves, elves, humans, wizards and hobbits. It is a place full of magic and the archetypal struggle between the forces of good and evil. It is home to an unlikely hero that will determine the fate of all races.

Frodo Baggins only dreamed of embarking on adventures like his uncle Bilbo Baggins encountered. He never knew that his turn for excitement and danger awaited him in a seemingly harmless looking trinket — a golden ring forged in the fires of Mount Doom.

In a production of epic proportions, director Peter Jackson (“Heavenly Creatures” and “The Frightening”) breathes new life to the world created by legendary author J.R.R. Tolkien. It is a world where dwarves delve deep into the earth hunting for precious minerals. It is a world where the child-sized hobbits live off the fruits of the land. It is also a world of the noble and magical elves whose immortality makes them the oldest of races.

“The Fellowship of the Ring” is the first installment of the “Lord of the Rings” trilogy. It is here that we are introduced to sheer evil as the story of one ring evolves. The ring is no ordinary piece of jewelry, rather it is an object of malevolence molded by the dark wizard Sauron. This ring gave Sauron the power to destroy and conquer all races of Middle-earth. Before he could fully conquer Middle-earth Sauron was defeated and the ring was lost for more than 2,000 years until the curious Bilbo found the ring and reintroduced it to the world.

The ring found its way into the hands of Frodo Baggins (Elijah Wood), whose only hope was to leave his childhood home, the Shire, on an exciting journey that would lead him on a dangerous path. As his Uncle Bilbo (Ian Holm) celebrates his 11th birthday, Frodo’s wishes come true. Bilbo leaves everything behind, including the ring as he mysteriously disappears from his own birthday party.

When Frodo finds the ring, old friend and powerful wizard Gandalf the Grey (Ian McClellan) reluctantly explains the immense evil that the ring contains. Whoever possesses the ring feels the pull of influence that it holds.

Sauron’s strength is growing and he summons the ring. Heeding Gandalf’s warnings, Frodo begins his perilous journey to destroy the evil ring before Sauron regains full power once again.

As Frodo flees the Shire to destroy the ring, danger is never far behind. Even in the safe haven of Rivendell, Frodo is plagued by visions of the knowing eye of Sauron. He must move forward to the barren land of Mordor to throw the ring into the fiery depths of Mount Doom — the very heart of Sauron’s stronghold.

Frodo is not destined to venture alone on his perilous mission. He is joined by a group of eight brave followers and together they form the fellowship of the ring.

Representatives of all good races left on Middle-earth join this courageous team. Gandalf, upon a promise to Bilbo to look after Frodo, is the first to swear his allegiance to Frodo. Sam (Sean Astin), Merry (Dominic Monaghan) and Pippin (Billy Boyd), Frodo’s friends from the Shire refuse to let him take on the burdensome responsibility on his own.

The humans Aragorn (Viggo Mortensen) and Boromir (Sean Bean) swear to protect the ring bearer on his quest.

The swiftest elfin archer Legolas (Orlando Bloom) and axe-wielding dwarf Gimli (John Rhys-Davies) round out the fellowship.

The fellowship travels take them through tough terrain and harsh weather with one goal in mind — to destroy the ring and bring about order and peace to a dying world. From the plush green hills of the Shire to the dark caves of the Mines of Moria, Frodo and his companions encounter near-death experiences and an assortment of enemies. Screeching Ring-wraiths, deathlike creatures, follow close behind as Frodo attempts to bring the ring to destruction and ghoulish orcs block the fellowship’s path to Mordor.

Filmed on the vast landscape of New Zealand, “Fellowship of the Ring” is the first installment of the J.R.R. Tolkien classic, “The Fellowship of the Ring.”

Filmed on the vast landscape of New Zealand. "Fellowship of the Ring."
Kilusan deviates from clique stereotype

By Leah DeGuzman
Staff Writer

As most ethnic clubs have been accused of being a clique, so has the Filipino club on UOP’s campus.

Seven years ago a group of four friends felt the need to share the Filipino culture. They started Kilusan Pilipino Club, meaning a Filipino movement, a move forward for education of members and the community. The difference with Kilusan is their admittance to this flaw. “In the past we may have done activities to accommodate to only one group of friends, but we are trying to change things,” said Kilusan president Manny Rivera.

As an outsider, what is perceived as a clique is in reality a close group of friends. Just as it began with four friends in 1994, the majority of members see Kilusan as an opportunity to meet with friends. Rivera tries to create a laid back atmosphere where some would not even be able to distinguish their meetings as actual meetings. Most people look forward to meetings and really want to be there — not as a requirement, but because they choose to.

The members of Kilusan believe that the Filipino culture highly regards friendships and bonds. In fact, one of the largest events Kilusan Club takes part in is Friendship Games. This year’s games were held at CSU, Fullerton. It is a gathering of all Filipino clubs in the country, with heavy participation by the California clubs.

It is a chance to let loose from the daily stresses of college, to meet new people with the same interest and to play games. Kilusan Club is a very active club on campus. They take pride in their events and always want to have a good time.

Other events include “Halo Halo Night,” which is a mixer. They also take part in a Thanksgiving dinner, where they help serve food to the older Filipino community at the Filippino Plaza in downtown.

The largest event they sponsor is Pilipino Cultural Night (PCN). It takes more than four months to prepare for this event, which will take place on April 20, next semester at Faye Spanos Concert Hall. It is a mix of mini skits, singing and several choreographed urban and folk dances.

PCN is an event to further educate the community on issues important to the Filipino community. Some issues that have been captured from start to finish

Latest Leebron novel has readers captivated from start to finish

[U-WIRE] In his latest release, “Six Figures,” new ex-New York Times Notable Book of the Year, follows the life of Warn er Lutz, a 33-year-old fundraiser for a not-for-profit organization. Lutz has recently moved with his wife, Megan, and his two young children to Charlotte, N.C. — a town that has begun to boom overnight with new money. Lutz feels out of place in the southern community, especially when he takes a step back to realize he isn’t on the receiving end of the growing affluence.

Stuck in a dead-end job, crammed into a small town house and driving a Honda that has seen better days, Lutz is beginning to wonder how he got where he is — and whether or not he wants to be there any longer.

Within the first few sections of the novel, it is apparent that Leebron is an author who makes an immense effort to delve into the psyche of his characters. The opening scene of the book probes the mind of a tense Lutz, trying to maintain a hold on his squirming son, Daniel, while he waits in line with Megan to vote in a congressional race he cares little about.

Leebron’s talented ability to capture the moment — along with Lutz’s jaded view of the world and what it has in store for him — is maintained from the first moment we meet the temperamental protagonist until the book’s conclusion over 200 pages later.

Fred Leebron’s latest novel “Six Figures” will capture readers’ attention.

What becomes almost too real about Leebron’s newest work is how Warner Lutz
String Cheese offers an eclectic mix of music

BY MINDA DEGUZMAN
Staff Writer

It's a little funky, a little folky — it's the String Cheese Incident — that went back to the studio after three years. The product of that studio time is their new release, "Outside Inside," from SCI Fidelity Records (formed by the band).

"Outside Inside" is the band's fifth album and is full of quality tracks that we have come to expect from the String Cheese Incident. This group of five did not make their start by putting out albums. In 1993, they formed as an exclusively live band. In 1996, they released their first album, "Born on the Wrong Planet." The next year, they released their self-titled album, "String Cheese Incident." After that album, there was "Round the Wheel" in 1998 and released in 2000, "Carnival '99."

Through the years, String Cheese Incident was able to stick with and build on their unique style — a mixture of bluegrass, salsa, funk and jazz into a free-form rock palette. Their music continues to resonate the groups' creativity and laid-back attitude.

This album appealed to my senses right away. Their first track "Outside and Inside" is a very upbeat track, with music that sticks with you. It's a little mellow, but also has the element that makes you want to tap your foot. Also, the track has an amazing guitar feature/solo.

The next track "Joyful Sound," is also another one of my favorites on this album. Drum beats that will catch your attention and immediately get you into the song begin the track. The lyrics are very deep and meaningful. They are a bit inspirational and make you want to express your love for life and the little things that make you happy. This track is definitely something that invokes thought about the way people live their lives and how to be happy about it.

Further along the album, you will find instrumental tracks. These are definitely worth taking the time to listen to. They have a really melodic, laid back beat to them, while giving you something more than just music — but passion. You can feel what they were trying to accomplish in these instrumental tracks.

New York trip promises to be full of adventure

THE PACIFICAN

The theater department will be hosting the annual New York trip during spring break 2002. Organized by department chair Peter Lach, the trip will be packed with fun and exciting play excursions. The New York trip is offered as a two-unit class or can be audited — taken for no credit. The trip costs $1,275 and includes round-trip airfare, access to four shows and hotel accommodations. It also includes two tours at a theater facility with a backstage visit for after-theater talk and two seminars. Students can charge the cost of the trip to their student account.

Those who take the course are required to attend all shows and seminars, write a two-page paper and keep a journal of the trip.

Two possible plays lined up for the trip are "Noises Off" and "The Full Monty."

"It's the best way to keep up on what's going on in professional theater. And students need to see what true professional theater is like," said Lach.

If you are interested in attending the Spring Break 2002 New York trip, contact Peter Lach in the Theater Arts department at 946-2051 or drop by the south campus office.

This album gives you 11 tracks; smooth and well-composed music. Each track has a special twist to it, and each song is unique and a little different from most mainstream music. This album gives you what you're looking for, something that is both funky and folky. I would definitely recommend taking a listen to this album if you really appreciate the groove.

The Pacifican crossword Puzzle

Across
1. Plant science
2. Female child
3. Small animal
4. Gossip
5. Pertaining to a sponge
6. Cause to be out of tune
8. Person who advocates liberty
10. Data
11. Flat-fish
12. Cease
19. Person who plays the piano
20. You cannot get out this way
21. Writers
23. Peanut
24. Male offspring
25. Drill a hole
26. Temporary stop
27. Also
28. Rebirth of the soul in a new body
30. Examination
31. Steals from
32. Dining cars
33. Directed a light

Down
1. Evergreen tree
2. Departed
3. Small animal
4. Gossip
5. Female child
6. Cause to be out of tune
7. Evergreen tree
9. Unfastens
12. Agitate
13. Upon
14. Amount a tablespoon can
15. Single unit
16. Departed
17. Kind of selling
18. Funeral woodpile
19. Unfastens
20. Sleeps briefly
21. Plays the piano
22. Knapsacks
23. Peanut
24. Male offspring
25. Spawnd
26. Temporary stop
27. Also
28. Rebirth of the soul in a new body
30. Examination
31. Steals from
32. Dining cars
33. Directed a light

Kilusan from page 12

covered in the past were inter-racial relationships, suicide, bridging the gap between first and third generation Filipinos, homosexuality and AIDS.

Events such as the Friendship Games and PCN are not possible without a loyal group of members who have formed special bonds throughout the years.

Kilusan has 30 active members who take a role in planning and developing events, while an additional 30 members come to support many of the events. Eighty percent of these 60 members are actually Filipino. The rest are those who are interested in the Filipino culture.

"The club was never closed off. It is a celebration of culture and you don't have to be Filipino to celebrate it," Rivera said. "I want to put together events that represent the whole and I want to get rid of the clique concept."

While in some ways, it may be ingrained in their club history. As their founders were friends, it takes a strong leader to recognize this flaw.

It takes an even stronger leader to mold it to work in some way to the benefit the club as a group.
Local Art & Entertainment Events

December

Dec. 14 (6:30 p.m.)
SJDC Annual Dickens
Feast of Carols at Delta Center for the Arts, Warren Atherton Auditorium

Dec. 14, 15, 16 (8 p.m.)
Movie: "Road Trip" at McCaffrey Center Theater

Dec. 17-21
Finals week

Dec. 22 - Jan. 14
Winter break

Jan. 15
First day of spring semester

Don’t forget to send in your organization’s calendar of events for the 2002 spring semester.

Fax information to 946-2195 or bring it to The Pacifican office in Southwest Hall.

For more information, call 946-2193.

Book Review from page 12

could be any college graduate beginning his or her life in the so-called real world. His disgust at living the nine-to-five lifestyle — where life revolves around work, picking up the kids from daycare and struggling to catch a few hours of sleep before a screaming toddler wakes you in the middle of the night — is a scenario that, for most students, will become all too familiar within the next five to 10 years.

The novel quickly becomes more than a tale of a mediocre middle-class man dreaming of a six-figure salary when Megan is attacked on a January afternoon while at work. Soon after the assault occurs, friends, co-workers and even Lutz's family begin to help him realize that in the past, Lutz's life soon becomes a blur of questions, allegations and remarkably unbelievable suspense.

As the novel concludes, Lutz must face up to incidents he has long since forgotten in his life. Along with facing up to his past, Lutz must maintain a grip on reality by facing up to his responsibilities as a husband and father in a family he cares more for than he has ever stopped to realize.

In the end, Warner Lutz discovers he has struck out at the times he has felt most wounded in life, and reaches a conclusion that — despite its obviousness — is one that many Americans often struggle to realize. Life — in all its shortness — is more than mere work and hustling after a job one can never obtain. To love Lutz discovers within the bonds of his marriage and his strengths as a father is easy to help him realize that he can no longer feel sorry about himself. Experience doesn't show us and Leeborn has brilliantly captured the thought in "Six Figures," that life is worth more than the short lives for the bittersweet ingredients that are so often taken for granted.

CLASSIFIED ADS

Fraternities • Sororities • Clubs • Student Groups
Earn $1000 - $2000 this semester with easy campusfundraiser.com three hour fundraising event.
DOES NOT INVOLVE CREDIT CARD APPLICATIONS.
Fundraising dates are filling quickly so call today! Contact campusfundraiser.com at 888-923-3238, or visit www.campusfundraiser.com

Hurricane Harry's bar, grill & nightclub is now hiring enthusiastic individuals interested in working in a fun tropical atmosphere.
We offer competitive hourly & growth opportunities. Taking apps. on Tues. & Thurs. from 4-6 pm or send resume.
1503 St. Marks suite E Stockton 95207.
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Save $200. Only at Sprint Stores.

Make the Sprint Store your holiday headquarters. On top of great gift ideas, you'll get a $100 instant rebate plus a $100 credit on Sprint PCS Service when you buy two new Sprint PCS Phones™ by Samsung® (model N300). Offer available for new customers only.

$29.99/mo. / 3000 min.

Nationwide Long Distance included. Every minute, every day.

You’ll get 200 Anytime Minutes + 2,800 Night & Weekend Minutes, with a one-year Sprint PCS Advantage Agreement™ With the Sprint PCS Free & Clear Plan, long distance is included every minute, every day when you call to anywhere in the US from anywhere on our nationwide network, reaching more than 230 million people.

Sprint Stores: Hands-on demonstrations, free test calls, expert help.
Instead, she got a fearless defender who never met a ball she couldn't steal, and a perfect backcourt compliment to Ho.

Now while finding the right recruits is crucial, so too is working with the players you already have on board, and fortunately for Murrell, she inherited perhaps the most talented trio of Tigers to ever play ball for Pacific at a time. One can find the names Eden Palacio, Millie Kimpton, and Sarah Yarbrough scattered throughout the school's record books, and while the trio helped lead the Tigers to a 14-13 season in Murrell's rookie season at the helm, keeping up the Tigers' newfound success would mean replacing the immortal trio.

Not only has she done just that, but Murrell has also assembled the Big West's deepest bench, another critical piece of the championship pie Pacific hopes to put in the oven this season.

In assembling a team with as much chemistry as talent, Murrell brought in players that make up a basketball sampler of the best of the western United States. From Seattle came this season's starting center, up-and-coming sophomore Gillian d'Hondt. It was in Medford, Ore. that Murrell found Mckeever, and Clackamas, Ore. where she discovered Corinne Wong. Ho's successor at the point.

Whether or not I accomplished all these things, I'll never know. But I hope that everyone had a fun time reading the sports section this semester and will continue to do so in the future.

Although there will never be a semester like this one, we still have another half of the school year left.

Bret Barrie is a staff writer for e-Sports Media Group. Most of his columns can be found at e-sports.com.

**The Pacifician**

**Kings happy to have Webber back**

BY BRETT BARRIE
Sports Editor

The Sacramento Kings were concerned that a month without Chris Webber would severely hurt the team in the playoff hunt. But that wasn't the case. The team went 15-4 without the all-star forward, who missed the entire first month of the season with a severe ankle sprain, and several players stepped up to make up for Webber's loss.

But now that Webber is back, the real question will be, is Webber going to mess up the team's chemistry?

The answer: no.

Peja Stojakovic has solidified himself as one of the league's dominant scoring threats and is averaging 23.7 points per game, while center Vlade Divac has picked up much of the slack on the defensive end, compiling 9.5 rebounds per contest so far this season.

Point guard Mike Bibby has also fit in nicely this season, averaging 15 points per game and 4.9 assists and has 21 points in the Kings' 97-91 victory over the Lakers last week.

The Sacramento Kings and the Los Angeles Lakers did beat the Kings last week, but if they're ever going to get past the Lakers in the playoffs, they need Webber. They need as much offensive firepower as they can possibly get, and Webber definitely gives the Kings another dimension offensively.

Sacramento doesn't have to worry about Webber, because without him, the team won't seal the deal this year.

**Join our staff!**

If you are interested, pick up an application at our new office in Southwest Hall or call 946-2115 for more information.
Raiders looking to beat up on lowly Chargers

By MATTHEW DUBENDORF
Staff Writer

After an overall record of 7-3-1, let's see how we do predicting this week's games.

Oakland at San Diego

Sorry Charger fans, but the losing streak will continue this week. The Chargers find themselves where the Raiders were last season. They are in every game, but they just can't pull out the victory in the end. They will make it close, but the Raiders will ride Tyrone Wheatley to victory.

Prediction: Raiders 28, Chargers 24

Cincinnati at New York Jets

The Jets have only been able to win one game in December over the past two seasons. This week they will add to that number. Corey Dillon hasn't played like his usual self and the Jets' defense should be able to take advantage of that. Without Dillon, the Bengals don't have an offense or a chance.

Prediction: Jets 20, Bengals 14

Denver at Kansas City

The Broncos are finally starting to get healthy in their backfield, it is just their passing game that is still lacking their wounds. But even with a battered passing game the Broncos should be able to march all over the field. The Chiefs, at least on paper are a playoff team, their weakness lies in their offense and defense.

Prediction: Broncos 24, Chiefs 21

Jacksonville at Cleveland

The Jaguars' defense has been its Achilles heel, the Bears will exploit their lack of running game and take the game with their defense.

Prediction: Jaguars 13, Browns 14

Minnesota at Detroit

The Lions are still licking their wounds. The Bucs' defense will pressure Tony Banks into multiple turnovers making the play-offs. The Bucs' offense has always been its Achilles heel, the Bears will exploit their lack of running game and take the game with their defense.

Prediction: Buccaneers 14, Lions 13

Green Bay at Tennessee

The Packers will extend their winning streak to four games, as their offense will take control of the game. The combination of Brett Favre and Ahman Green has proven to be one of the best 1-2 combinations in the league. They can't stop or contain them.

Prediction: Packers 34, Titans 28

Philadelphia at Washington

The turnaround that the Redskins have pulled off this year is unheard of, but they will have trouble defeating an Eagles team that is playing at the top of their game. The Eagles' defense will pressure Tony Banks into multiple turnovers and LaVar Arrington won't be able to contain Donovan McNabb.

Prediction: Eagles 24, Redskins 17

Pittsburgh at Baltimore

This should be a throw back game, both teams play smash mouth football and pride themselves on running and defense. Jerome Bettis should be ready to roll after a week off. Ray Lewis will act as a speed bump, but without a proven rushing attack for the Ravens won't be able to put up enough points to keep pace.

Prediction: Ravens 17, Steelers 14

St. Louis at New Orleans

If the Rams can play defense like they did against the Niners on a consistent basis they will roll to another championship. The Saints' defense will slow the Rams but nobody seems to be able to stop them. The Rams need to be weary of a letdown after such an emotional victory.

Prediction: Rams 24, Saints 14

Raiders looking to beat up on lowly Chargers

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Prediction: Broncos 24, Chiefs 21

Jacksonville at Cleveland

The Jaguars' defense is not as good as the Browns', but their offense will put up points, but they can't win if it comes down to a shootout, which it probably will.

Prediction: Browns 14, Jaguars 13

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Prediction: Rams 24, Saints 14
Tigers trounce Spartans in Spanos

Team rolled past visiting San Jose St. last weekend

By BROCIE HOLMQUIST
Staff Writer

The men’s basketball team had been on a roll since its loss to Fresno State two weeks ago, and the Tigers looked to continue that trend against San Jose State last Saturday in a final preseason tune-up in the Spanos Center.

However, the Spartans didn’t give the Tigers the test they were looking for, and Pacific went on to an easy 74-59 win over San Jose State. Junior guard Demetrious Jackson had a team-high 24 points, seven assists and five rebounds to lead the Tigers. Jackson shot 7-of-12 from the floor, 3-of-5 from the 3-point line and 7-of-8 from the charity stripe.

Senior Mike Preston and Mike Hahn each put in 11 points, while senior Maurice Johnson had 10. Maurice Johnson led the Tigers in digs with 19.

Senior Jamie Hamm would return to the starting lineup next season, as senior Courtney Miller led the Tigers with 12 kills in her final match. Though both seniors will be missed desperately, the Tigers’ ability to dominate teams has allowed many young players to get much needed experience.

The usually dominant Joines finished the year with 601 kills, which ranks second in school history. But Joines did not give the Tigers the test they were looking for, and Pacific showed its preseason record to 5-2.

Defensively we have improved," said senior center Ross Mills. "And offensively we are more in sync. We did a lot better moving the ball inside.

The Tigers couldn’t find a defensive answer for the Tigers in the first half, and at halftime the Tigers led 36-30. Preston had all 14 points in the first half.

The Tigers came out strong in the second half with a 14-9 run that extended their lead to 50-39 with 15 minutes left. San Jose never got closer from there.

Gary Black led the Spartans with 17 points while Andre Valentine added 16 points and a game-high eight rebounds.

The Tigers opened up Big West Conference play against Idaho last night. Pacific is very confident heading into conference play.

“We have been playing very good on the road this year,” said Mills. “So we are very comfortable going into conference play.”

Volleyball can’t claw its way to victory

By MATTHEW DUBENDORF
Staff Writer

Pacific fell into the fourth-ranked Arizona Wildcats in the Regionals of the NCAA Tournament last Thursday night. The Wildcats took out the Tigers in three games as Arizona proved to be too powerful for Pacific to handle.

The match was the last that senior Jamie Hamm would play in a Pacific uniform. Hamm, as she has in almost every game this year, led the team in digs with 19.

Hamm’s illustrious career will not soon be forgotten at Pacific. She leaves with 1,661 career digs, which is good for third best in Big West history and tops ever at Pacific.

But Hamm won’t be the only Tiger missed next season, as senior Courtney Miller led the Tigers with 12 kills in her final match. Though both seniors will be missed desperately, the Tigers’ ability to dominate teams has allowed many young players to get much needed experience.

The usually dominant Joines finished the year with 601 kills, which ranks second in school history. But Joines finished the match against Arizona with eight kills, only the second time all year she was held under 10 kills in a match.

The loss to the Wildcats proved to be a combination of the power of Arizona and the lack of execution on the part of the Tigers.

“Arizona is a very talented and experienced team and they played like it tonight,” said head coach Jayne McHugh. “Volleyball is a game of momentum, a game of serve and pass. Tonight we did not serve and pass very well.”

The Tigers had to play from behind most of the night as the Wildcats took the early lead in the first two matches. But Pacific showed its resilience when it came back in the first game to make the score 29-26, but by then it was too late and the Wildcats grabbed the game.

The Tigers didn’t allow the Wildcats to take such a commanding lead in the second game, but a five-point run late in the game proved to be too much.

Pacific eventually fell into a two-game hole as it lost the second game by 26-30. The Tigers looked like they might take some momentum back as they jumped out to a 7-3 lead in Game Three. But the Wildcats clawed their way back into the game and eventually took a 17-13 lead, before they swept the match.
What Pacific athletes want for Christmas

BY IAIN PATTERSON
Staff Writer

Student athletes have the worst of both worlds. Sure they get to play the sport they love but they have to make extreme sacrifices to do so.

Most athletes have practice in the afternoon, they have to overload their schedule with dreaded morning classes.

After class, when other college students go home and watch TV or hang out, athletes have to go to practice. They practice all afternoon and then barely make it to dinner at the dining hall.

After dinner, they still haven’t done homework or studied, so they have to apply their minds back to the world of academia, even though they are exhausted from the rigors of the day.

They go to bed and wake up the next day just to do it all over again.

On top of all that, some athletes won’t get to enjoy a winter break.

Instead of having a relaxing three weeks away from UOP, they will have less than a week to celebrate the holidays with their families. So in the spirit of the holiday season, The Pacifican has asked what athletes want for the holidays.

Jessica Melcher
Women’s Water Polo
Sophomore
“Walkie Talkies.”

Nicolette Wiegand
Field Hockey
Junior
“The coolest Advantix camera to take to Madrid next semester.”

Dennis Zavalock
Men’s Water Polo
Sophomore
“A trip to Jamaica.”

Jono Metzger-Jones
Men’s Basketball
Senior
“Money.”

Miles Kirkpatrick
Golf
Sophomore
“A naked supermodel laying in my bed.”

Nancy Dinges
Women’s Basketball
Sophomore
“Surround sound speakers.”

Gillian d’Hondt
Women’s Basketball
Sophomore
“A polar bear stuffed animal.”

Matt Peña
Baseball
Sophomore
“Digital camera.”

Cameron Kato
Field Hockey
Sophomore
“A man.”

Ross Mills
Men’s Basketball
Senior
“A Ferrari, but I don’t think that is feasible, so I will settle for a computer.”

Garrett Larson
Men’s Volleyball
Sophomore
“Tennis to show up to men’s volleyball games.”

Sarah Marshall
Swimming
Sophomore
“Electric toothbrush.”

Katie Engel
Cross Country
Senior
“A sweater from the GAP.”

Eli Nolan
Men’s Basketball
Junior
“MP3 Player.”
# Murrell: Building the Tiger Empire

**By Josh Montero**

Guest Writer

Every bounce of the ball would echo through the desolate, empty arena. The fans on hand were the brave few, those with the threshold to withstand season after barren season in basketball purgatory. And then came the chosen one.

Her eyes show the spirit of a warrior, a ferocious competitor on whose shoulders the lowly Tigers would climb. The time was 1998, and the newcomer was Pacific head coach Sherri Murrell.

With her, Murrell brought a hunger back to the women's basketball program, a deep-rooted desire to win that had been sadly lacking for some time. Even more importantly, coach Murrell began to put in place her formula for success, building around it a program that would quickly flourish.

A former point guard herself, Murrell knew the importance of finding herself a floor general, so she recruited an undersized but over-talented guard out of the Bay Area in Selena Ho. What she found in Ho was more than just a leader, but perhaps the best pure point guard the conference has seen since Stacey Clinchsmith ran the show for UC Santa Barbara before joining the WNBA's Sacramento Monarchs.

"Selena's quickness and ability to score from anywhere on the court causes every opponent problems," said Murrell. "She is one of the best point guards on the west coast."

Once Murrell had found her anchor, the next ingredient she needed was a defensive stopper. When she managed to lure Dolinda Meeker to Pacific, she had found more than just that stopper.

Senior Dolinda Meeker was one of the keys to the women's basketball team's rebuilding process.

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# Jackson's 24 lead Tigers past Spartans

**By Bret Barrie**

Sports Editor

It's safe to say that Demetrius Jackson is fitting in nicely at Pacific. The junior guard scored a game-high 24 points, dished out seven assists and pulled down a team-high five rebounds as the men's basketball team rolled past visiting San Jose State 74-59 last Saturday at the Spanos Center.

Jackson, who hails from San Francisco, dropped 7-of-12 shots from the field, including 3-of-5 from 3-point range. He was also 7-for-8 from the free throw line in 32 minutes of action.

Jackson also came up with a steal, while only turning the ball over three times in the contest.

He is averaging 17.9 points per game in the Tigers' first seven contests, and is the only Tiger who is averaging more than 10 points per game.

Jackson is shooting 42 percent from the floor for the season and leads the Tigers in free throw percentage at 33-for-36, which was good for 92 percent.

Also considered this week:

**Mike Preston**

Men's Basketball

Much of the Tigers' success against San Jose came from the outside play of Jackson and fellow guard Maurice Mclemore, but Preston's strong inside play helped open things up on the outside for the two guards.

Preston finished Saturday night's game second on the team with 14 points, on 6-of-8 shooting, including 1-for-1 from behind the arc. Pacific shot 54 percent from the field, its highest shooting percentage in any game this year.

**Courtney Miller**

Women's Volleyball

The Tigers weren't able to pull out the win against No. 5 Arizona in NCAA Tournament Regional competition last Thursday, but they can't complain about the play of the senior outside hitter.

Miller tied for the team lead with 12 kills in the match and had a .423 hitting percentage, while also tallying six digs in the match.

She finished the season third on the team with 293 kills, a 2.48 per game clip. She was also second on the team in service aces with 45 and in digs, compiling 292.