Board of Regents' President, Robert T. Monagan (left), was recognized last Friday, April 19 by the Omega Phi Alpha Alumni Corporation for his distinguished service. Accompanying Monagan was his wife, Ione Monagan (right).

By Joel Colf
Guest Writer

Board of Regents’ President, Robert T. Monagan, was awarded the Robert T. Monagan Award for Distinguished Service by the Omega Phi Alpha Corporation on Friday, April 19, at the Brookside Country Club in Stockton. The Robert T. Monagan Award for Distinguished Service, was developed by the Omega Phi Alpha Corporation to commend notable alumni of the fraternity for a lifetime of service and achievement. As the inaugural recipient of the award in his name, Monagan was chosen by the corporation as the ideal individual to represent Omega Phi Alpha's values.

Monagan graduated from College of the Pacific in 1942 and immediately joined the U.S. Coast Guard as a reserve officer. He went on to become the Athletics Director at Pacific, Mayor of Tracy, Speaker of the California Assembly and Under-Secretary for Transportation at the national level. Monagan's achievements have confirmed his lifetime commitment to service and excellence in leadership.

The awards dinner began with a reception that welcomed 45 Omega Phi Alpha alumni and featured White House Musician and alumnus, Richard Timmins at the piano. The reception was followed by a banquet featuring five speakers who commemorated Monagan’s accomplishments. President Donald DeRosa opened the remarks by reflecting on Monagan’s strong tenure as leader of Pacific’s Board of Regents, marked by visionary leadership.

Judge William Biddick (COP 41), invited all alumni from Monagan’s era at Pacific to stand and be recognized. Edward LeBaron (COP ’50), a stand-out football player at Pacific, recalled Monagan’s great influence on Pacific. He recalled the athletic program under Monagan’s direction, and told of how some of Pacific’s best football teams were ranked top in the country.

Honey also paid tribute to Monagan’s generation for all of their sacrifices through the darkest period of American history.

Carlos Moorhead came from Southern Cali., to not only pay homage, but to give Monagan a letter from President George W. Bush. The letter follows,” said Director of Alumni Relations and Parent Programs, Bill Coen. The weekend consists of a reception, dinner and dance, on June 21, along with a golf tournament. The Career and Internship Center will also be opened to seniors for consultation on Friday and Saturday.

A pool party and barbeque are scheduled for Saturday. Saturday’s festivities will end with a Huey Lewis and the News Concert and a fireworks show at Pacific’s Stagg Memorial Stadium at 8 p.m.

Seniors will be given two free tickets for the event;
The Pacific Student Alumni Association (PSAA) and the Pacific Alumni Association (PAA), will be hosting the annual Dead Day Eve Party in the Raymond Great Hall on Tuesday, May 7 from 8:30 p.m. until midnight.

The event, for graduating Pacific seniors only, will feature a DJ, dancing, casino games, prizes, food and beverages. Seniors must present a valid driver's license or state ID card.

Prizes for the event include, a two-night stay at the Pan Pacific Hotel in San Francisco, restaurant gift certificates, free car wash certificates and a custom putter.

However, if seniors received a "Dead Day Eve" cup during the Senior Graduation Fair in March, the price of admission is only $2.

"This party, for seniors, will be a great time. Last year's event was a success, with many prizes and lots of fun, and I believe this year's event will be just as great," said the President of the Pacific Student Alumni Association, Brian Wilmhurst.

Besides all the prizes, food, beverages and games, there will also be a senior slide show. Pictures of seniors from the last four years will be complied together into one show.

Assistant Director of Alumni Relations, Brian Wilmhurst,

Dead Day Eve see page 5

**CIC solves career concerns**

*By Crissy Woodard Staff Writer*

First, come years of adventures in college, then comes graduation with caps, gowns and the search for a new job. There are also: resumes, interviews, business attire and now a career.

The Career and Internship Center has professionals who can assist you to review your resume. The center can also make you shine, prepare for interviews, develop a job search, as well as coordinate your network. All of these skills are critical to an effective job search in a tight market.

Networking done right can increase your job search success by 90 percent. When each of the components is done well, your success rate climbs even higher. Even if you have a job lined up for you before you graduate, the Career and Internship Center is available to you as a lifetime resource.

Whether you are considering a job change, a career transition at 30 years old, or just want to be involved with alumni in the same field, the Career and Internship Center can provide you with all of the necessary information.

If you discover that you are not quite prepared to graduate, the Career and Internship Center can help you obtain an internship, so that you can gain the experience needed for a career in the field that you are interested in.

Bring the Career and Internship Center your career concerns and they will help build you a future.

You can contact the Career and Internship Center at 946-2361, or go to the Career and Internship Center in the Main Gym, first floor.

**McGeorge News**

*By Stuart Krengel Staff Writer*


Michael Malloy, a professor at McGeorge, recently signed a contract with West Group to write a second edition of his Hornbook on Bank Regulation. The third and final installment of his series of essays on the USA Patriot Act appears on The Banking Channel web site.

The article centers on the administrative implementation of the new law, as it affects the financial services industry. Malloy was unable to be contacted because he is currently at Suffolk University in Boston, however Malloy plans to return to Sacramento this summer.

**Nikka Costa brings pop to Pacific**

Photo Courtesy of the Office of Alumni and Parent Programs

**The Pacific Collegian**

Dead Day Eve party for graduating Pacific seniors

By Natale Goriel

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**Nikka Costa brings pop to Pacific**

Costa performed at the International Spring Festival last Sunday, April 21. This event was co-sponsored by Ford Motor Company, ASUOP, CIP, Student Life, Pacific Student Alumni Association and the United Cultural Council.

Photo: by Natale Goriel
Faculty and staff to be honored for service at May ceremony

The Pacifican

On Wednesday, May 1, all members of the Pacific community are invited to celebrate and honor over 90 faculty and staff for their service to the university at the annual Years of Service Recognition Reception and Award Ceremony in the Long Theater. Following the ceremony, a luncheon will be held in the Raymond, Common Room for all award recipients as a thank-you to these faculty and staff who make Pacific a unique and special place.

Listed below are the names of Pacific faculty and staff (listed in five-year increments) who will be honored for their years of service:

30 Years
- Michael Ballot, from the Eberhardt School of Business
- Diane Borden, from the College of Pacific (COP) English Department
- Robert Cox, from the COP English Department
- Gary Howells, from the COP Psychology Department
- Sandra Mayfield, from the Welcome Center
- Eugene Pearson, from the COP Geosciences Department

25 Years
- William Brennan, from COP History and Social Sciences Department
- Keith Connorton, from Information Services and Resources
- Deborah Crane, from the McCaffrey Center Greek Office
- Saundra Cutisnger, from the Office of the University Registrar
- Joel Feaver, from the Physical Plant
- Maria Hernandez, from the Physical Plant
- Jean Longmoire, from the Benedict School of Education
- John Phillips, from the COP Sociology Department
- Joseph Reuterskiold, from Information Services and Resources
- Frank Wiens, from the Conservatory of Music

20 Years
- Kenneth Brown, from the Conservatory of Music
- Kris Clay, from the COP Psychology Department
- Hope Koyman, from Public Safety
- Tony Kulisch, from the Eberhardt School of Business
- Robert Kusama, from the Athletic Department
- Suzanne Malley, from the Office of Financial Aid
- Barbara Paris, from the Athletic Department
- Edwin Pejck, from the School of Engineering
- Carole Massey Reyner, from the COP Accounting Department
- Les Schock, from the Physical Plant
- George Schroeder, from the School of Engineering
- Douglas Tedards, from the COP English Department
- Richard Vargo, from the Eberhardt School of Business

15 Years
- Cathy Bialek, from Public Safety
- Kenneth Crowe, from the Thomas J. Long School of Pharmacy
- Marilyn Draheim, from the Benedict School of Education
- Michael Dugan, from Information Services and Resources
- Scott Evans, from the Educational Resource Center
- Melvin Feng, from Information Services and Resources
- Lynn Ross, from the Financial Aid Department
- Berit Gunderson Minton, from the Thomas J. Long School of Pharmacy
- Jerry Houston, from Public Safety
- Romano Lotti, from the Physical Plant
- Marilyn Mieras, from the Physical Therapy Department
- Lolita Sañot Support, from the Physical Plant
- Said Shakerin, from the School of Engineering
- Stan Wallace, from the Physical Plant
- Kathleen Wheatley, from the Cowell Health Center

10 Years
- Ashland Brown, from the School of Engineering
- Deborah Geiman, from the Athletic Department
- Craig Hawbaker, from the Mary J. Wilson Library
- Lorraine King, from the Thomas J. Long School of Pharmacy
- Joe Kim, from the Physical Plant
- Luis Rojas, from the Physical Plant
- Jaime Santos, from the COP Chemistry Department
- Claudia Schwartz, from the Benedict School of Education
- Eric Thomas, from the COP Biological Sciences Department
- George Wenzel, from the COP Art Department

5 Years
- Ana Arancio, from the Physical Plant
- Ted Ballmer, from Development
- Todd Bannister, from the School of Engineering
- Gregg Camfield, from the COP English and Honors Department
- Xiabing Cao, from the Institutional Research Department
- William Chan, from the Thomas J. Long School of Pharmacy
- Jarnthe Chase, from the COP Psychology Department
- Moek Chun, from the Physical Plant
- Benjamin Dennis, from the COP Economic Department
- Lucien Dhoooge, from the Eberhardt School of Business
- Jim Dugoni, from the Athletic Department
- Cynthia Eakin, from the Eberhardt School of Business
- Elizabeth Elledge, from the Thomas J. Long School of Pharmacy
- Marco Flores, from the Physical Plant
- Eddie Foster, from the Physical Plant
- Eric Gupta, from the Thomas J. Long School of Pharmacy
- Phyllis Hensley, from the Eberhardt School of Business
- Lillian Hom-Imada, from the Mary J. Wilson Library
- Patricia Ishii, from the Office of University Registrar
- Stacey Jensen, from the Athletic Department
- Gregg Jorgenson, from the COP Biological Sciences Department
- Justin Kern, from the Athletic Department
- Kerry Krueger Devine, from Residential Life and Housing
- Larry Langley, from the COP Mathematics Department
- JoAnna Luis-Pasons, from Admissions
- Jane Masuoka, from Student Life
- Jeffrey Miles Eberhardt, from the Eberhardt School of Business
- Suzanne Pastoor, from the COP History and Social Sciences Department, as well as the School of International Studies (SIS)
- Sandra Pierce, from the COP Psychology Department
- George Randels, from the COP Religious Studies Department
- Thomas Redfearn, from Public Safety
- Maria Rodriguez, from the Physical Plant
- Vyacheslav Samoshin, from the COP Chemistry Department
- Brenda Snyder, from Admissions
- Linda Webster, from the Benedict School of Education
- Kimberly Wilson, from the COP Psychology Department
- Eleanor Witmap, from the COP Philosophy Department
- Marika Wolfe, from the COP Art Department

Dr. Gaye Walton-Price expands Humanities Center

By Alexander Wagner

Staff Writer

Dr. Gaye Walton-Price received her doctorate in Arabic and linguistics, however when she came to Pacific five years ago, her time was spent teaching a course in religion, while the rest of her time was spent teaching mentor seminar.

“I wanted to teach what I got my degree in,” said Walton-Price.

After three years of teaching Mentor I, II and III, she finally got her wish.

Walton-Price proposed that Pacific offer a course in Islam. In the spring of 2002, she was the professor of the first Islam course taught at Pacific.

Also, during her third year at Pacific, the administration asked Walton-Price to direct the newly formed, Pacific Humanities Center. Concerned with the lack of students enrolled in the humanities majors, such as history, English, art history and religious studies, the administration created the center to boost enrollment in these majors.

Walton-Price believes the center has fostered more student interest in the humanities major, but she believes it could be more successful if it had more monetary support.

Despite having to, “survive on a shoestring,” as Walton-Price said, the Humanities Center has held a series of successful events this past year. Most of these events have been faculty forums, in which a faculty member from one of the humanities departments, gave a presentation on a topic of choice.

Chinese professor, Jie Lu and history professor, Eddie Sparks gave one of the most successful presentations this past semester. The topic was about the young Chinese immigrants that were held at Angel Island upon arrival in the United States. For the presentation, Lu read poetry from these Chinese immigrants, while Sparks talked about the historical significance of the topic.

Starting in fall of 2002, the Humanities Center will team up with Residential Life and Housing.

They have designed a contract that guarantees residence in the “Humanities Hall,” located on the first floor of South/West, for students from the humanities majors or for students that simply want to be involved in the center. The contract also requires students to stay involved in the center through attendance of events or by working on the Humanities Journal, which has now been operating on-line for two weeks.

Walton-Price is proud of her work for the Humanities Center and the success it has had encouraging growth of humanities at Pacific.

Recently, Walton-Price submitted a detailed report about the center’s activities during the past year. Under review, it is Walton-Price’s hope that the center will receive more support in the fall and will gain more publicity on campus.

Walton-Price describes her work at Pacific as being "40 percent professor and 60 percent administrator." Her students, however, describe her work as being too much.

In addition to her demanding professional duties, Walton-Price has a husband and two children. While she admits her work is demanding, she is proud of the effort she has put into the Humanities Center and the creation of the first Islam course at Pacific.
Pacific Greeks return from WRGC with awards

A record number of 53 Pacific students, representing fraternities and sororities, attended last week's Western Regional Greek Conference (WRGC) last Wednesday, April 17 in San Francisco and returned with awards, as well as leadership assignments for the next conference.

Pacific was in competition with Greek chapters from the Western half of the United States. Two Pacific Greek members were elected as co-chairs for next year and another Greek member was elected as an area representative. Under the leadership of Pacific Greek Advisor Deborah Crane, the Greek Council won three awards. "This weekend was an inspirational glimpse of the tremendous potential our Greeks have, and a well-deserved recognition for all the good and hard work they do," said Crane.

Community Involvement, Interactive Media and Patrick J. Naessens Educational Programming Awards were won by Pacific Greeks as a whole and were taken home with pride at the conclusion of the weekend. These awards were especially appreciated by Pacific Greeks, because Pacific did not receive any awards at last year's conference.

Pacific Greek Blake Blackwell from Pi Kappa Alpha and Candice Morgan from Delta Gamma were elected co-chairs for next year's WRGC. Their responsibilities include coordinating and planning the next WRGC conference. The importance of their task will be recognized when they stand before over 700 Greeks at the 2003 conference.

Jenny Avon, from Delta Gamma, was chosen for the leadership position of Area II Representative for WRGC, which includes Northern Calif. and Northern Nev. Avon will be working with Blackwell and Morgan, along with other area representatives throughout the year to prepare the next WRGC.

Next year's WRGC will certainly showcase the tremendous efforts of Pacific's accomplished Greek system.

Alumnus Thomas E. Honey speaks to students

Alumnus Thomas E. Honey came back to campus on Thursday, April 18 to speak to students about his expertise in the field of business. Honey, graduated from Pacific in 1966 with a BA degree in history with minors in English and economics. Honey shared his 30-year experience in service-orientated industries, both domestically and internationally that includes an extensive background in the development, operation and management of secure electronic transaction services.

He spoke to students about senior positions he held for 11 years with Visa USA and Visa International. At Visa (1973-84) he is credited with developing and implementing the Visa debit card, called the Visa Check Card, Visa Travelers Cheque, Visa Gold Card and the Visa name change.

“Everyone in an organization is a public relations person because we all have to sell the company,” said Honey. While working at Visa, he changed the logo and had to negotiate with the CEO to change things around in order to better benefit and sell the company.

He said he solved the problem at Visa within two hours. “I asked the employees what our objective was and I got eight different answers. I then knew what the problem was and how to solve it,” said Honey.

“It is important for consumers to relate to one brand logo and at Visa this was a problem,” said Honey. However, with the new logo change and its consistent use throughout the years, the problem was quickly solved.

“People at the front line will always tell you the truth, they have no reason to lie,” said Honey. He told students that the people at the front line will help solve the problems within the company, like those at Visa did for him.

“Get a good education, learn how to think and live up to your commitments,” said Honey. He encouraged students to be well prepared for the job market. He said that it is important to be motivated in order to be promoted in an organization.

Honey also spoke about his days at Pacific. He was the sports editor of the paper with his own column appropriately named, “From the Honey Bucket.”

He also shared his "wild" times at Pacific. He told students a story about a professor who had been so late to class that his peers and himself just left. However, in the next class session, the professor told the students that he had his hat thrown off him. Honey was later promoted to the job as an editor.

HONEY see page 5
Model Arab League Conference promotes dynamics of culture

BY ANNE FUGLEI
Staff Writer

For the first time in several years, Pacific is participating in what is called the Model Arab League (MAL) conference. This conference is similar to the United Nations, in that the goal of the MAL is to promote diversity and encourage a better understanding of the dynamics of cultures around the world.

The MAL Conference consists of five different committees: environmental issues, joint-defense, Palestinian affairs, internal affairs and the committee of social issues.

At the beginning of the spring semester, MAL hung flyers with information about the group, in hopes of promoting the club. Seven delegates were chosen from the School of International Studies (SIS) with the help of SIS freshman Emily Santos-Gomez, by word of mouth and from flyers.

SIS freshman Meagan Shepard and Eddie Richardson, were selected to represent the internal affairs committee. Together, they discussed issues within the state, ranging from terrorism to gasoline problems.

The number of intellectual and passionate people you work with and come to be friends with is incredible. We began our weekend as six sole-delegates representing the country of Algeria. We left as a group united with twelve other universities representing numerous parts of the Arab world, said Richardson.

SIS junior Ian Mowry participated in the committee of social affairs. Problems, such as child labor and women's issues were discussed in this section.

SIS junior Kevin Shanks, was in charge of the Palestinian committee. This committee discussed the current situation in Palestine.

SIS junior Emily Santos-Gomez was in charge of the environmental affairs and joint-defense committees. “You can practice active learning: you need to think on your feet. I think it was a great experience and gave me and everyone else a taste of the real world,” said Santos-Gomez.

The environmental issues consisted of water conservation, increasing pollution and population.

Santos-Gomez said, “With all the negative attention the Arab world has been receiving recently, I believe that it was an enriching experience for us all.”

Dean of SIS Marjorie Ensign and Pacific professor Jerry Hewitt promoted participation for the MAL Conference.

By means of funding and encouragement, the MAL Conference will be offered in next semester’s course catalogue.

For more information about the MAL conference, please contact Ensign at 946-2650.

Don’t know what to do this summer?

Join the many signing up for Summer Sessions 2002! Catalogs are available in the Registrar’s office and at the Center for Professional & Continuing Education (CPCE), located across Pacific Avenue in McConchie Hall, 946-2424. Don’t be left out - enroll now!

We have NEW ONLINE Courses!
We will not tolerate terrorism on our soil

Since Sept. 11, 2001, the world's eyes have been opened to acts of terrorism. The United States, being the proud nation that we are, immediately proclaimed that we would not stand for acts of terrorism on our soil.

We, the citizens of the U.S., refuse to stay by quietly while someone or something tries to defile our American spirit and kill our people.

And I, being the patriotic American that I am, wholeheartedly agree with these statements.

However, I do have one criticism. These statements are blatantly self-centered. As an American, I believe it is our duty to defend and protect the security of our own country first and foremost.

However, fulfilling that duty is not a valid excuse for ignoring acts of terrorism throughout the rest of the world. In the past 18 months of terrorist activity in the Middle East, almost 300 children, Palestinians and Israelis, have died. Nearly 300 children will never attend college, fall in love, or fulfill their dreams.

That is not a fact that the rest of the world can ignore. Earlier this month, two teenagers experienced horrific deaths. Two girls, who did not know each other, were joined for an instant in death. However, one of them was victim and the other was the killer.

Eighteen-year-old Palestinian refugee Ayah al-Akhras made the decision to be a suicide bomber, to die for Palestine. She strapped her body with explosives and walked into a crowded supermarket in Jerusalem.

Seventeen-year-old Rachel Levy, an Israeli, passed Ayat at the wrong moment. The two girls were the only ones killed in the bombing.

Why did these two girls, on the brink of their adult life, have to die? What reasoning can justify the deaths of children in acts of terrorism? I have no answers and I have yet to find anybody that does.

Although we must protect our precious U.S., above all, we cannot ignore what is happening outside of our borders. I urge all U.S. citizens to be aware of what is occurring in countries around the world. Do not be apathetic, speak and act against these gruesome acts of horror. Terrorists must not kill more children; they are killing our future.

This editorial reflects the views of The Pacifican. This week's editorial was written by Natalie Kate Pelton. Any questions or comments can be directed to pacificanopinion@hotmail.com or pacifican_sae@hotmail.com.

The importance of knowing your peers

BY THEA BROWN
Staff Writer

One of the main reasons I chose to attend Pacific four years ago was because of how small the campus was. I thought it meant that maybe it would be friendlier, more personable and eventually feel like a home away from home.

The gay pride flag incident last week had forced me to examine this place I call home. Can this place, where we think we know or are at least familiar with someone, be a place where people can hate and hurt each other so much?

Much of the student body has spent considerable time living together. By living together, we all get an opportunity to know each other on some level. After you at least know someone and acknowledge that they are human and have feelings, it is for most of us at least, incredibly difficult to harm them, physically or emotionally.

Even if a student did not live on campus, they have most likely experienced the small class sizes that ensure all of that personal attention we pay so much for. Our school is not like others, we actually have the opportunity to meet people in our classes, chat, interact and do more than arrive, sit through a lecture and then leave.

Another problem is that Pacific's communities are very segregated. It is almost as if once students find a group they are satisfied and comfortable with, many rarely venture out of it. An obvious example is the Greek Community, although many other schools such as SIS and conservatory students are guilty of it too.

Hate crimes should not exist on this campus. We have an opportunity to know and at least casually meet almost every student on this campus. There are reasons that we do not go to larger schools, for many of us it was the small school atmosphere. Unfortunately, it does not seem as though many of us here on campus seem to take advantage of being at a small school, we do not care to know everyone despite the fact that it is possible.

The point is, come on Pacific, get your act together and get to know your fellow students. It is a great opportunity that we are all paying for, so go get your money's worth. If we all were at least familiar with as many people as possible (which in a place this small is very possible) then this campus would be more cohesive and we would no longer have to suffer from the hate crimes like those that took place last week.
Artificial hearts are helping save additional lives

By SALLY NICHOLS
Staff Writer

Our heart is the strongest organ in our body, and often times taken for granted. How many times a day, do you thank your heart for pumping?

What I do least in part, the result of territorial disputes. What I do most is the best way to resolve these disputes. It overwhels me to know that I cannot open a newspaper or flip through a magazine without being bombarded by rhetoric about the endless violence in the Middle East.

I am aware of the immensity of this issue, yet I fear that I will never know who holds higher moral ground in the matter.

I yearn to understand the roots of the problem and perhaps form a sound judgment of who the victim and villain are in this wretched dispute. More than anything, I long to know if the violence will ever end.

I understand that the fighting going on now, is at least in part, the result of territorial disputes. What I do not understand is why the leaders of Israel and Palestine have decided that fighting a war with innocent civilians is the best way to resolve these disputes.

I cannot even imagine the hatred one must feel in order to kill another human being. Sadly, it seems as though hatred is something people living in the Middle East have grown accustomed to.

What other feelings can drive a Palestinian to commit suicide by strapping explosives packed with long nails to their body and blowing themselves up where they see Israelis pray, shop or dine. Perhaps I am simply naïve, and hatred is not the force motivating them to kill, after all. I do not know what it is like to grow up surrounded by terror.

If this bloodshed in the Middle East was simply due to disagreements over religious beliefs, perhaps I could better comprehend the issue. This never-ending saga, however, has a very large political aspect as well.

Politically, Israel and Palestine have been contesting territory in the West Bank and Gaza Strip since the 1960s. Within these territories lies Jerusalem, a city that has great meaning to both the Israeli and Palestinian. According to the Resolution 242, Israel has legal possession of the city.

While it seemed as though the Arabs would finally overrun Israel, President Nixon came to Israel's defense with immediate arms shipments. In the aftermath of those conflicts, Israel captured and held territory in the West Bank and Gaza Strip, the Golden Heights and the unified Jerusalem.

Unfortunately, the peace settlement brokered by political leaders has meant little to the Palestinians as they have responded with tanks and armed forces. Peace seems a distant, if not an unachievable goal.

What will stop the bloodshed now? If the Palestinians are given their own independent state, will Muslims and Jews suddenly be able to live in harmony? President Bush and other U.N. officials believe it is worth a try.

"Enough is enough," according to Bush. But, why is it "enough" now? Why not 50 years ago? Perhaps it is just the knowledge that no other Arab state is safe from extremists as long as Israelis and Palestinians fight a war of mutual terror.

Despite requests from President Bush and the U.N. to end its military offensive and release Palestinian leader Yasser Arafat, the Israelis apparently will not be ready to give up until they have arrested or killed those they feel are responsible for instigating the suicide bombings. Perhaps they have suffered through too much hatred, and lived in too much fear to suddenly be ready to recognize their enemy as a legal nation.

I admit that I do not know nearly enough about this horrific war, but it seems unlikely to me that Bush or the U.N. will decide how this conflict ends. It will be for the innocent civilians who smell the pungent odor of animosity and who everyday risk their lives to decide when it is "enough."
Take a chill pill from all of the stress before graduation

A guide to surviving the added tension during the end of the semester and finals week

By Jessica Wakefield
Online Magazine Editor

Birds are singing, the sun is shining and tank tops and shorts are replacing the familiar sweaters and jeans. This can only mean one thing—the semester is almost over and finals are the last hurdle students must jump before they can travel home to relatives or take off to exotic locations for their summer vacations.

Finals are synonymous with late night studying, little sleep, procrastination and most of all, stress. Stress is the body's automatic response to any physical or mental demand placed upon it.

However, not all stress is bad. The stress reaction is necessary and can be beneficial. It helps us in physical life threatening situations by allowing us to run faster and fight harder.

Stress also gives us additional strength to assist us in emergencies. However, "bad stress" or distress is stress we experience in regard to negative demands to which we must adapt. It is when we have stress for too much of the time.

Examples would be cramming for finals, having too much to do at work and troubled relationships. Continually fighting against this stress produces exhaustion.

Nevertheless, before you get to the point where you want to sleep for 20 hours, tear your hair out and run screaming from the library, here are a few strategies to manage the inevitable stress that comes along with the end of the semester.

First and foremost, be aware of the way you are choosing to cope with and manage your stress.

Many students use negative methods such as drinking alcohol and caffeine, smoking, using drugs or overeating only to add more stress to the body.

More positive methods are beneficial to the body and mind in the short and long run. Such behaviors are exercise, meditation, yoga, a healthy diet, positive attitude, being assertive, expressing stressful feelings with friends, taking a counselor, time management, modifying your environment and taking breaks.

A great way to manage your time is to treat your academic responsibilities like a job. There are 168 hours in week, so create a weekly schedule, which enables you to maintain a healthy and balanced lifestyle.

In your schedule, block out time to sleep, eat, study, exercise, relax, socialize and have fun. Adjust your schedule so you are studying during your most productive hours. Work on your most difficult tasks first, when you are the freshest, and never forget to reward yourself for completing projects.

Learn relaxation strategies to be used each day, such as breathing exercises, physical exercise, meditation and listening to music.

Be aware of your personal study habits, the good and the bad, and make sure to cater to your own needs. Take short breaks after every 50 minutes of studying.

Change study topics every few hours, study at a desk or table with good lighting and eliminate distractions.

Finally, be cautious of procrastination. While delaying your work might be necessary because of more important tasks, or your need to feel motivated, this can cause you more stress than is necessary.

It is especially dangerous to procrastinate if you are rushing to finish school assignments at the last minute and put off personal needs such as meals, exercise and sleep.

Remember that it is unreasonable to expect yourself to be excited as you undertake each and every task life requires. Keep in mind productive behavior is a catalyst of motivation.

With these tips and suggestions, you just might make it through finals week without the normal anxiety, exhaustion and long term damage the end of the semester brings to so many students each year. Good luck and happy studying!

Mormons are known to live longer, healthier lives

By Jennifer D. Maynard
Staff Writer

It has long been the quest of man to find something that will extend the human life beyond its allotted years. Things believed to hold this magical power include the mythical Fountain of Youth, the Elixir of Life, among the many other legends that have intrigued man through the ages.

Today, with the advent of new medical procedures, treatments, genetic engineering techniques and even artificial hearts, it seems that we may soon come to see the day that the lifespan of our children will be comparable to those of biblical times.

While it has been the adventurism of many to find such mysterious ways to increase the human lifespan, a less-dramatic way of prolonging life has been adopted by those belonging to The Church of Jesus Christ of Latter-day Saints. The Church's law of health, called the Word of Wisdom, has not only been employed by its faithful followers since 1833, but by many other faiths and those of no particular faith as well.

Those of the LDS church attribute the various health statistics that say the average faithful Latter-day Saint male lives anywhere from 7 to 12 years longer than his non-LDS male counterpart, to its members' adherence to the Word of Wisdom.

Other statistics have also shown that LDS male suicide rates among the age group in which suicides are more prone to take place are substantially less than that of those who are not LDS.

To outline the basic principles of the Word of Wisdom, the following substances are abstained from alcohol, tobacco, coffee and tea. The consumption of fruits and vegetables, occasional meat and grains are encouraged.

The recommended uses can even be compared with the main constituents of the modern food pyramid.

To many who do not see anything wrong with the consumption of alcohol, tobacco and drugs, as well as the other abstinence-from substances, such a health code may seem pretty ridiculous. The truth is that when any person chooses to abstain from these things and maintain a healthy and nutritional diet, the Word of Wisdom (and any other similar abstinence policy that a person may adhere to) provides what it takes, in large part, to live a longer and happier life.

With this said, who would be excited as you undertake the church's abstinence policy that a person chooses to put off personal needs such as meals, exercise and sleep.

Remember that it is unreasonable to expect yourself to be excited as you undertake the church's abstinence policy that a person chooses to put off personal needs such as meals, exercise and sleep.

You do not have to be Mormon to live longer. It is not just the Mormons who do not drink or smoke; it's not just them who want to live longer and receive the great blessings for living such a code. It is many more, and maybe you are one of them—of the many who will choose or has chosen already to live by such a creed.

After all who, if given the opportunity to live longer, wouldn't you want to? Adopting a law of health could add years to your life!
Letters to the Editor

Dear Editor,

The "Hate crime laws punish free-thinking and ideas" article from your April 11 issue suffers from ignorance of the law. To begin with, if hate crime laws were fashioned that punished individuals for thinking of others, then yes, it would be thought control. But hate crime laws punish actions. And not just any actions, but actions that have symbolic significance which strikes mortal fear in the hearts of their targets.

That's the point: hate crimes are crimes, which are by legal definition, action. Furthermore, the intent, not the motivation, is what merits these special and severe sanctions.

Hate crime laws inhibit the prejudiced from acting upon their desires to inhibit the freedom of others to think. Their desire to inhibit the prejudiced from acting upon their desires to inhibit the freedom of others to think will paradoxically inhibit freedom of others to think.

For example, if some atrocity was done in the collective name of "America," I might openly deface the American flag out of disagreement with national policy. Note that this is not a threat towards a specific group of people, it is done openly in order to start a dialogue, and no other speech is curtailed. With that context in mind, this would be the exercise of free symbolic speech.

The furtive and unexplained stealing of and urination upon a Gay Pride flag during Diversity Week, however, is not symbolic speech; it is a threat so serious, it functions as a violent action seeking to silence a group.

Jennifer Fredette

Dear Editor:

I wish to comment on the two editorials concerning campus life in the April 18 issue of The Pacifican. The first editorial concerns parking ("Students are being swindled out of parking" by Suzie Gaube), and the second concerns a campus pub ("Pacific students need a place to drink" by Thea Brown). I find the parking editorial almost entirely without merit, but an on-campus pub is probably a good idea, even if not for some of the reasons cited by the author.

While students no longer have complete run of the campus for parking, their situation remains much better than any other college campus I know of. Student parking at UOP is more plentiful and convenient than any of the three universities I attended, and it is better than faculty parking at many institutions.

Even if we limit comparisons to other private universities with high tuition, the UOP situation is far superior to that of Yale and Emory, for example. I suspect that further comparisons would only augment this point.

Regarding the cost of permits, I imagine that we all would like to pay nothing. Perhaps we should compare the cost of our permits with other universities before contending that it is outrageous.

I have not done the research on this issue, and, I suspect, neither has Ms. Gaube. Have "most of the faculty" bought the cheaper B permits, as Ms. Gaube contends? I hope that she has the data to back up that claim. Even if it is true, that may not remain the case in years to come.

I consider the additional $50 for the A permit money well spent, and if I had bought a B permit this year, I would certainly wait to buy an A permit next year after viewing available spaces. It probably is too early to say that we have an inefficient allocation of A and B spaces. We will know better in another year or two.

I probably found the safety issue the most spurious of Ms. Gaube's arguments. I find it very difficult to believe that the current system is less safe than the previous one. A and B lots are very close to one another, and Ms. Gaube likely would be parking in the same places most of the time, even under an open parking system. The chance of break-ins and thefts would remain the same. Fortunately, such things are rare.

All that said, I do have one suggestion that could open some more parking spaces for students. Next year, if faculty and staff fail to purchase all of the available A permits, then I think that seniors living off-campus should have a chance at upgrading to an A permit via a lottery. That would open up a few more B spaces for the other students.

Finally, and briefly, on the issue of a campus pub. I think that this is probably a good idea, and would be happy to go there myself for a beer on occasion.

A pub might indeed contribute to campus unity, although I doubt that it would enhance attendance at athletic events, as Ms. Thea Brown claims. Even if it would, that certainly is not a good way to sell the idea to the administration, and could cause a new set of problems.

I hope that Ms. Brown and other champions of a campus pub realize that a campus pub would have to card. As a liability issue, it would also have to limit consumption, so that WUI (walking under the influence) does not become SUI (staggering under the influence) or worse. Off-campus pubs also face liability issues for DUI if they serve patrons that they believe to be intoxicated, unless there clearly is a designated driver. If they fail to card or to monitor consumption, they do so at their own risk.

A campus pub would not provide a venue for "serious drinking." With that in mind, I would still be happy to have one. Would you, Ms. Brown?

George D. Randels Jr.
Associate Professor
Religious Studies
Department
University of the Pacific

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George D. Randels Jr.
Associate Professor
Religious Studies
Department
University of the Pacific

Jennifer Fredette
Question of the Week

Who is your favorite KPAC DJ?

Compiled by Bob Bjarke

“Tammy Gonzales! She rocks the mike!”
—Junior Nate Turner

“DJ Tanner.”
—Freshman Lisa Miramoto

“My favorite is the guy that did the live show from DeRosa’s hot tub. I think his name was Stuart Liam.”
—Junior Rashawn Myers

“Alicia Smith because of the show she did about my favorite book, ‘The Aztec: Man and Tribe.’”
—Sophomore Beth Hildebrand

“Bob Brush.”
—Freshman Bob Brush

Photo of the Week

You know you can never get enough of Chris Tucker and Jackie Chan picking at each other’s noses.

Fast Facts

Before 1859, baseball umpires used to sit on rocking chairs behind home plate.

California has issued six driver's licenses to people named Jesus Christ.

Months that begin with Sunday will always have a Friday the 13th.

USA Today uselessfacts.net

Hawaii $119 one way plus tax
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Worldwide destinations cheap
Book Online www.Airtech.com or (212) 219-7000
Explore internships in A&E

By Natalie Kate Pelton
A & E Editor

Summer is quickly approaching and suddenly you realize, “I have nothing to do!” However, it is not too late to find a great summer internship. If you are planning to begin a career in the arts and entertainment industry, a summer internship is a great way to gain experience.

Many local theaters, art museums or record companies offer enriching internship opportunities for students. Organizations such as these offer internships in a variety of disciplines: show production, business, marketing, public relations and more. Well-known art and entertainment foundations offer internship opportunities as well. Although competition for these internships is tough, it is not impossible.

The John F. Kennedy Center for the Performing Arts in Washington, D.C. offers an outstanding internship program for students. In addition to working full time at the Kennedy Center, interns attend weekly seminars that involve presentations on arts management by executives of the Center and other major arts institutions in Washington, D.C.

Former University of the Pacific student, Molly Riddle, is currently an intern at the Kennedy Center. Riddle graduated from Pacific with a degree in communication with an emphasis in public relations. She also participated in Pacific’s theater arts program as an actress, stage manager and public relations intern. Riddle was also a member of Theta Alpha Phi, the national theater honors fraternity.

Riddle is interning in the Kennedy Center Press Department. She is gaining experience in the areas of media relations, writing for public relations and coordination of media exposure of Kennedy Center events. Riddle’s internship is helping her to work towards a career in theatre management and administration. Ultimately, she would like to become a commercial theater producer.

If you are interested in applying for a Kennedy Center internship, contact them at (202) 416-8800 or visit their website at kennedy-center.org/vilarinstitute/internships.

Applications are now being accepted for fall 2002 internships.

Artist Profile: Alex Dansa
This Pacific hip-hop artist moves to his own beat

By Marie Kalmantis
Assistant A&E Editor

Dansa’s hip hop calling came at about junior high as he was influenced by his older brother and his connections to recording studios and other performers in the area.

Dansa mentioned that it was relatively easy since it was affordable and easy to make some recordings so he gave it a shot.

Since then, he has developed his style and has kept the same producer since the seventh grade, David Korkis. His self-proclaimed “versatile style” has no boundaries, as he likes to try different

MUSIC REVIEW see page 13
Movie Review:

This is “The Sweetest Thing”

By Lisa Wurz
Staff Writer

**RATING:**

Rated: R
Starring: Cameron Diaz, Christina Applegate, Selma Blair and Thomas Jane

“Romeo, Romeo, where for art thou Romeo?” This is the never-ending story of a young woman in search of “Mr. Right Now.” Too bad that sporting Pacific paraphernalia as an alumnus or alumna, is not as cool as when you were a student.

In this familiar story line that has been used in almost every romantic comedy, there is something about this movie that makes it stand out from the rest and makes this movie, “The Sweetest Thing.”

We watch as the hilarious friends Christina Walter (Cameron Diaz) and Courtney (Christina Applegate) dance on the sidewalks and break hearts all over San Francisco. They spend their days doing something, well it is hard to tell exactly what they are really doing, but it looks fun. However, their nights are filled with strutting their stuff at the clubs or dreaming about the latest stud they met.

Christina falls for a guy, Peter (Thomas Jane), whom she meets at a club. Peter is out on the town in San Francisco with his brother for a bachelor party. Christina and Peter have an awkward, but endearing conversation at the club and both end up hoping to see the other again. Christina has a hard time admitting to herself that she actually fell for this guy, since it is unlike her traditional heartbreaking attitude.

Christina finally sucks it up and goes out to find a man who could be her Mr. Right.

However, there is something about this movie that makes it stand out from the rest and makes this movie, “The Sweetest Thing.”

But as any moviegoer knows, it is never that easy. There are always many obstacles waiting to trip up the “lovers” hoping to meet.

Obstacles may not be as serious as death, but significant others can cause quite a problem. “The Sweetest Thing” shows us that love is not always delivered to us on a silver platter. Love may take a little effort for it to work, though effort alone can not make a relationship.

MOVIE REVIEW see page 15

Make your mark in Tiger Paw!

The Pacific’s first online magazine has its second issue online ready for you to delight in today! We read your comments and suggestions and this issue is even better than the first, with more poetry and more students’ talents being showcased. Read all about National Poetry Month and its influence on a young writer and read poems from many talented Pacific students and alumni. Check out the contest winners from this month’s poetry contest and marvel at the gifts of a student artist. So go online or take a much needed study break from research papers and final studying and enjoy all of the creativity that these Tigers have to offer! Send all comments, submissions or suggestions to uop_tigerpaw@hotmail.com and go to www3.uop.edu/tigerpaw or link to the site from MyPacific today!

Tiger Paw, leave your imprints on the campus in your own extraordinary way!

Tiger Paw
MUSIC REVIEW from page 11

things. His rap style can be labeled ironically as unidentifiable, varying from fast to slow and hard to soft. Dansa likes the West Coast rap artists, especially the late Tupac Shakour, but he is surprisingly partial to R&B, which he finds himself listening to often.

As well as performing and rapping, he also contributes to lyrics, as he has on “Sleezy,” an album by the artist Ram-C-Note.

He describes his relationship with other performers, who are of the Assyrian culture like him, as a family where everyone looks out for each other.

Together, they come collectively, working to bring out a new sound as Dansa describes that for “underground artists, we do not sound like underground.”

Mainstream rap is not the only thing Dansa is committed to.

Above all, he is aspiring to go to medical school and has quite the workload completing classes and labs and getting ready for standardized tests.

This preparation for school has pushed the date of the release of his self-titled album back. So far, he has been featured on other albums, but has yet to make one all his own.

This winter, he anticipates the release of “H.O.N.E.Y.,” which will be on sale in record stores.

Dansa welcomes comments, questions about sales or the album, or if anyone is interested in collaborating can contact Dansa at alh0ney@aol.com.
**K-PAC DJ Profile: Corina vander Meer**

**Student and, K-PAC DJ extraordinaire**

**BY JESSICA WAKEFIELD**

**Staff Writer**

The time is here. Pacific, there are only three more weeks of school left and you are thinking that there is no way you can get all of your assignments done by the time they are due. This is crunch time. Think of all of your responsibilities and for a moment, add being a radio disc jockey onto that. Sounds tough right? Now, imagine you host two radio shows! This is the active life of Corina vander Meer, student and DJ extraordinaire.

Every Wednesday night you can catch vander Meer on one or both of her radio shows on K-PAC, the Roar of Pacific. There is "Serendipity" from 6 p.m. to 7 p.m. and "Ever Been Kissed?" from 7 p.m. to 8 p.m. In each of these shows you will be amazed at the humor and serenity vander Meer is able to have while being such a busy scholar.

Vander Meer is a junior majoring in communications and "wants to go into the broadcasting or television business so [being on the radio] is giving me an idea of what to expect," she said. In addition to her demanding school and K-PAC schedule, vander Meer is also an Omega Phi Alpha Lil' Sis'.

Vander Meer first started in radio last semester with her weekly show "CK1." She warns all returning and veteran DJs to "be prepared." "Don't go in with out anything planned because it will all fall apart," she said. This spring semester vander Meer has been fully prepared for both of her shows, which her partners undoubtedly appreciate. Vander Meer and Jennifer Boff host "Serendipity" and she and Michele Arrighi host "Ever Been Kissed?"

In each show, you can expect a lot of music and even more humor. "We laugh and play all kinds of good music-alternative, anything really."

**TAURUS**

April 19-May 19

Try to take this week and imagine what it would be like to live a completely different life. This not only could open your eyes, but it could also help bring you closer to a loved one.

**GEMINI**

May 20-June 20

As we all know, the bulls are known for showing off and flaunting their uniqueness. Others may badger you for your individuality, but do not fret. The person who puts you down is only jealous that they cannot be their own self.

**CANCER**

June 21-July 21

Living a life with friends, school, family and work, can sometimes be a bit stressful. You have the power to successfully multi-task. You can listen, talk and be a friend to everyone around you. But do not forget that to make others feel good about themselves, you must first provide for yourself.

**LEO**

July 22-Aug. 21

Have you ever noticed how much one can learn by people watching? Leos love to people watch; it is almost therapeutic for you. Go take some time for yourself and observe the funny characteristics that all the people around you have!

**VIRGO**

Aug. 22-Sept. 21

This is your golden opportunity! Jump out into the front of the crowd and take a chance for once! This week is a wonderful time to exercise your profound being and spontaneity!

**LIBRA**

Sept. 22-Oct. 22

Let go of the little things! If you do not pick the battles that you want to fight, when something really bothers you, everyone will think you are overreacting like always! Know that there are times to complain, and times to take deep breathes and smile!

**SCORPIO**

Oct. 23-Nov. 21

You should be proud of yourself for saving all of that money these last couple of months. Because of your stupendous capabilities of saving money, I think it is now time for you to treat yourself to something! Maybe not a new skateboard or Louis Vuitton bag, but a good dinner out and a concert!

**SAGITTARIUS**

Nov. 22-Dec. 20

All right, it is time for the relationship to either mature or you might have to dump your significant other. You have known this person for a long time, but it is not getting you anywhere. The ability to love can dwindle with time, so do not be afraid to step up to the next level of your relationship.
The American culture has an increasing indifference towards lasting relationships due to the prevalence of divorce in our country. People are waiting until they are older to get married if they get married at all. But, what if you just get tired of the dating game? Christina and Courtney have played the game, and they played it well, but they do not want to have to play those games for the rest of their lives. They want something that is real and that has a chance of lasting.

The pairing of Diaz and Applegate is so genuine that you would swear they were friends in real life. It is as though they have been best friends for life and they just happened to do a movie together.

The onscreen chemistry between the two makes all of the outrageous stunts that they pull even more comical. Pay attention to the scene in which one of your favorite DJ's a caller, and just have fun.

“The Sweetest Thing” is a romantic comedy that shows a new version of reality. However, there were points where one would start to wonder what the heck was going on and what the heck is the point. Fortunately, two seconds after you become confused, the characters come along and do something to make you laugh.

I highly recommend this incredibly enjoyable movie. A movie that features such entertaining characters and crazy stunts in a new way gets two thumbs up in my book any day.

It is so difficult to find stories that are different from the same old thing, but this movie has definitely proven to be something worth doing over again. There are not that many movies that I have a compelling desire to watch again the minute I have left the theatre. You will be laughing from the moment it starts until the credits finish rolling.

“The Sweetest Thing” is a romantic comedy that shows the sweet side of life, without overloading you with sugary excess. Some people say to take life with a grain of salt; but I think life would be better taken with a speck of sugar, then it truly is “The Sweetest Thing.”
**ATHLETE OF THE WEEK**

Name: Jennifer Joines  
Year: Sophomore  
Sport: Women’s Volleyball

Joines earned third-team All-American honors from Volleyball Magazine.

**ATHLETE OF THE WEEK**

Name: Matt Hansen  
Year: Senior  
Sport: Golf

Hansen was named First-Team All-Big West.

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**Baseball**  
Stockton, Calif. - Pacific swept a doubleheader from Hawaii Hilo winning the first game 10-3 and the second game 13-1 at Billy Hebert Field on Saturday, Apr. 20. With doubleheader sweep the Tigers claim three of the four games in the series and move to 21-16-1, while the Vulcans fall to 10-38-1.

Pacific fell behind early in the first game of the doubleheader and trailed 2-1 going into the bottom of the fifth inning. However, Pacific would come roaring back, as the first eight runners reached and the Tigers answered with seven runs to go up 8-2. The inning started with a Jeff Jodlowski (Edmond, Okla.) RBI triple to bring in Adam Alsverson (Pleasanton, Calif.) to make it 2-2. Kory Kinder (Savannah, Mo.) singled in Jodlowski to bring the Tigers the 3-2 lead.

The next two batters reached to load the bases and Tim Gilhooly (Danville, Calif.) walked to force in a run to make it 4-2. Cory Lake (Kennebec, Wash.) followed with a double to bring home Lake and Gilhooly and make it 8-2. The Tigers added two more in the sixth to make it 10-2 enroute to the victory. In the second game, the Tigers wasted no time, as Gilhooly blasted a two-run homer in the top of the first inning to get the Tigers started early with a 2-0 lead. Jodlowski continued his strong day with a single to bring home two runs to make it 4-0, and then capped off the first inning scoring stealing home on the front end of a double steal to make it 6-0.

The Tigers added three in the third to go up 9-0 highlighted by an Aaron Harper (Richland, Wash.) RBI single. Harper also knocked in two runs in the second game to fall to 1-3, and Joel Zimmerman lost the second game to fall to 1-4.

Pacific was paced offensively by Harper who was four for eight on the day with three runs and four RBI. Lake was four for seven with three runs and three RBI, while Jodlowski was three for six with two runs, three RBI and two stolen bases.

Gilhooly hit his 10th home run of the season to move all by himself into fifth place on the single season list. He also had five RBI on the day to give him 55 on the season. That is currently the fourth-best single season mark in school history.

**Men’s Golf**

First out of the inning. Adam Alsverson (Pleasanton, Calif.) had a triple that drove home two runs, while Tim Gilhooly (Danville, Calif.) had two doubles and an RBI in the inning. The Tigers added one more run in the bottom of the sixth for the final score of 11-0.

Senior pitcher Todd Bergthold (Clovis, Calif.) pitched a predetermined four innings and shut out Bethany College to move to 2-1.

Five pitchers combined for the shutout, as Shamus Smith (Sacramento, Calif.) pitched two scoreless innings in relief, while Gregg Reynolds (Arcata, Calif.), Alexander Graham (Fair Oaks, Calif.) and Jason Godkin (San Leandro, Calif.) all pitched one inning.

Gilhooly led the way offensively going two for two with three RBI, two doubles and a run. Joel Summers (Bellingham, Wash.) was three for three with two runs and an RBI.

Pacific will be in action next on Friday, Apr. 26 at 7 p.m. when it opens up a three-game Big West conference series at UC Riverside.
Softball

The 18th-ranked Tigers defeated seventh-ranked Cal State Fullerton 1-0 in the bottom of the eighth inning on Sunday, April 21 at Bill Simoni Field in Stockton.

Senior Cindy Ball (Camarillo, Calif.) led off the conference with the win. In a battle of contenders for Big West Pitcher of the Year, Ball and Oaks dominated batters. Ball earned the win and improved to 22-9 on the season. Oaks struck out seven, walked three and gave up five hits through eight innings. Oaks struck out eight, gave up two hits and fell to 17-3 on the season.

Cal State Fullerton had its best scoring opportunity when the Titans led off the sixth with back-to-back singles, but Ball retired the next nine batters she faced. Pacific travels to Long Beach State next weekend.

Pacific and Long Beach State will play a double-header at 1 p.m. on Saturday and a single game at 1 p.m. on Sunday.

Men's Tennis

Stockton, Calif. - The 72nd-ranked Pacific Men's Tennis team finished regular season action with a 11-8 overall record after losing to #64 Fresno State, 6-1, on April 21. With the loss, Fresno State finished its regular season with a 7-15 overall record.

Fresno State defeated freshmen Junaid Hossain (Melbourne, Australia) and Niclas Otte (Hannover, Germany) 8-6 at the number one position.

Senior Gernot Kerkschbaumer (Klagenfurt, Austria) was the lone Tiger to win a singles match, defeating Alex Krohn in three sets - 6-4, 4-6, 6-2 at the fourth spot.

The Tigers are next in action at the Big West Conference Championships in Ojai, Calif., where Pacific earned the third seed for the tournament. The Tigers first opponent is 6th-seed Utah State on Thursday, April 25 at 8 a.m.

Women's Golf

Stanford, Calif. - Pacific finished 10th at the U.S. Intercollegiate at Stanford on April 20 and 21.

Pacific shot a final round 294, to hold steady in 10th place. Tiger senior Matt Hansen (Atwater, Calif.) shot a final round 69 to finish in 11th place in the tournament. Tom O'Stasik (San Ramon, Calif.) finished tied for 13th place.

Women's Waterpolo

Stockton, Calif. - The Pacific Tigers women's water polo dropped to 3-17 on the season falling 13-4 to California on Saturday, April 20.

The loss drops the Tigers to 1-10 in the Mountain Pacific Sports Federation (MPSF), while the Golden Bears moved to 16-7 overall and 8-3 in the MPSF.

Prior to the contest, the Tigers honored their three graduating seniors Stacy Christy (Lodi, Calif.), Hilary Graves (Fremont, Calif.) and Amy Valois-Collette (Cypress, Calif.) as they played their final home contest at Chris Kjeldsen Pool.

In the early going, the Tigers came out strong as Graves put Pacific in front 1-0 on a crossing lob over Cal's Lauren Dennis. After the Golden Bears tied the game at 1-1, Jessica Melcher (Fresno, Calif.) gave Pacific back the lead with a goal on a six on five. California would score two goals in the final minute to take a 3-2 into the second period.

After Cal stretched its lead to 4-2 early in the second, Pacific's Lyndsay McNamee (Stockton, Calif.) brought the Tigers back within one as she bounced a goal off the head of Cal's goalie Dennis.

Pacific, however, would get no closer as the Golden Bears scored three consecutive goals in the third period for a 7-3 lead, then put the game away with six goals in the final period.

The Tigers will be back in action on Friday, April 26 as they begin play in the MPSF Tournament in Los Angeles, Calif.

Slim Snack

Hal's Trail Mix

4 cups Shreddies Cereal
1 1/2 cups mixed dried fruit, chopped
1/2 cup toasted almonds
1 tsp cinnamon (or to taste)

Stir it together ... there's enough for six cups.

bodybreak.com
**Sports Facts**

Water Polo developed in England in 1869, originally called “soccer in water.” The aim was to score goals, as in soccer, at each end of a swimming pool.

Golf has been the only sport played on the moon—on February 6, 1971 when Alan Shepard hit a golf ball.

More than 100 million people hold hunting licenses.

Source: www.didyouknow.com

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**Sports**

14-4. Ball struck out eight, walked two and gave up four hits. The Titans scored an unearned run in the first, which proved to be the only run they would need. Monica Lucatero drove in Gina Oaks with a single to center field. “It was apparently an emotional loss for the Titans,” said Pacific athletic training student Jamie Adams. She went on to say that, “some of the Fullerton players were crying at the end of the game. I felt bad for them, but I was glad to see us win.”

On Sunday the Tigers defeated Fullerton 1-0 in an extra-inning game. Senior Cindy Bell led the team in hitting, going 2-for-4. Freshman Krystle Peterson came in to pinch run for Ball. Sophomore Boni Kading doubled deep to center field, and Peterson took off for home. Cal State Fullerton centerfielder Julie Watson made the throw to home, and Peterson snuck in under the tag.

Pacific improves to 36-13 and 16-2 in the Big West. Cal State Fullerton falls to 41-11 and 13-2.

Both Ball and Oaks set the tone for the low scoring game by retiring batter after batter. Ball earned the win and improved to 2-2 on the season. Ball struck out seven, walked three and gave up five hits through eight innings, including retiring nine batters in a row in the sixth inning. Oaks struck out eight, gave up two hits and fell to 17-3 on the season.

Pacific travels to Long Beach State this weekend. Pacific and Long Beach State will play a doubleheader at 1 p.m. on Saturday and a single game at 1 p.m. on Sunday.

Joines from page 20

still great volleyball players and they will only make the team stronger. This is what the Olympics are about, playing with the best." Joines leaves to train with the Olympic team in Colorado Springs on May 19 until July 8. During this time, Joines will train six days out of the week, playing over eight hours of volleyball everyday plus daily conditioning and strength training.

“The practices and training are like boot camp. A lot of yelling and running, but it makes you tougher in the end. The coaches expect you to compete on a very high level and push yourself above and beyond what you think you are capable of. That is required of all Olympians, regardless what sport.”

Last summer, Joines was a member of the National A2 team, which trains to join the Olympic training team in the future. Joines far exceeded her expectations by becoming the starting middle blocker for the A2 team. If anything, Joines is far ahead of pace and has a very realistic shot of being in the 2004 Olympics in Greece. Joines says, “I would love to be able to go to Greece and live the dream, but I still have my heart focused on the 2008 and 2012 Olympics when I will be a bit older and more experienced volleyball player.”

Somewhat like basketball players, volleyball players peak when they are in their mid-to-upper twenties. Joines still has a lot of talent bundled up inside of her waiting to be released. That is a scary thought for her competitors, but terrific news for Tiger fans. The best is yet to come from this young superstar.

Joines plans to graduate from UOP a semester early and leave to join the national team in 2004, nearly six months before the Olympics in Greece. After her Olympic pursuit comes to an end, Joines hopes of playing abroad and pursuing volleyball as a career.

Joines comments, “I want to be in the national circuit of elite volleyball players and go wherever that will take me, the Olympics, Italy, wherever. I love playing with athletes that love and respect the game as much as I do. That is what truly makes this a rewarding experience.”

While UOP volleyball fans have been swept away in Jen Joines Madness, the world has yet to experience all that Joines has to offer. More than anything, we are proud to call Joines a Pacific Tiger, but fans cannot wait for the day we address her as an Olympian.

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**FROM THE BENCH**

Pacific offers a self-defense class here on campus, and I would suggest taking the course if you have not already done so and have some interest in self-defense. I thought about the attire that people tend to wear when the weather is nice outside. Usually it involves flip-flops of some sort, shorts, tank tops and even swimsuits. However, think about how comfortable and practical the clothes you choose to wear are. For example, are you going to be able to outrun someone who is trying to catch you if you have flip-flops and a bikini top on?

Besides other obvious health reasons for staying fit, your safety is the number one reason, in my book, for staying fit. Eating healthy, drinking plenty of water and exercising for half an hour, three to five times a week is going to increase your odds of being able to run away and protect yourself from any attacker.

Self-defense involves not only defending yourself from attackers, but basically just being aware of your general surroundings.

Pay extra attention when crossing the streets to make sure the coast is clear. As a driver, there are going to be a lot more pedestrians out on the streets, so be a more attentive driver. On the levy, there are certain sides of the path for pedestrians and bicyclists. Abide by what it says on the path to avoid potential injuries and run-ins with other people.

Other tips include listening to your instincts, not going into risky situations alone, and being assertive, safe and strong.

If someone tries to attack you, go for the vulnerable areas of the attacker’s body: the knees, throat, eyes, nose, groin; these areas can cause incapacitation.

Some self-defense moves include the punch, palm heel strike, snap kick, open hand strike, back elbow strike, pull back pinky finger, elbow to the face, foot stomp and head butt.

If you decide to go out somewhere, especially at night, try to have someone else go with you, and also let other people know where you will be and when to expect you back home.

Springtime offers wonderful weather for running, bicycle riding and other outdoor activities, but remember to stay aware of your surroundings, and to stay fit for your safety.

You have the right to defend yourself! The law in California states that you may utilize whatever force is necessary if you are under impression that great bodily harm is going to be done to you. However, use common sense, and try to avoid such situations.

Remember to use campus emergency phones if you need assistance or call the police. Have a safe spring!
Expos and Twins finally enjoy a view from the top
These usually last-ranked teams take an early lead and surprise their competition

[USA TODAY] The Montreal Expos and Minnesota Twins might be targeted for demolition, but right now they are inflicting it. Each team is first in its division.

"People are going to have a heart attack if they see us and Montreal in the World Series," Minnesota first baseman Doug Mientkiewicz said.

Commissioner Bud Selig contends that the gap between rich and poor clubs is creating a competitive imbalance, but the success of Montreal and Minnesota substantiates an argument by the Players Association that with canny management small-revenue clubs can compete.

One irony is that Major League Baseball owns the Expos and appointed the managers, whose success provides ammunition for the union.

A union official declined comment, citing the sensitive nature of negotiations with the owners. Selig, however, said Minnesota and Montreal's success is to be celebrated.

"The thing people were worried about was, given the circumstances, would these clubs be competitive?" he said Monday. "They certainly are."

Expos manager Frank Robinson, general manager Omar Minaya and President Tony Tavares are doing a spectacular job, Selig said. "And I'm not the least bit surprised.

The Expos are winning with a $38 million payroll. The Twins are winning with a $40 million payroll. That is less than a third of the New York Yankees' $126 million payroll and well below the average of $67 million.

Pittsburgh, with a payroll of $42 million, is enjoying a first-place perch in the National League Central. The difference is that none of the talk of eliminating teams has touched the Pirates. Only the Expos and Twins remain in the crosshairs.

The Twins opened with a 10-game road trip and stumbled early. They righted themselves in an 8-1 homestand that concluded Sunday with their first three-game sweep of Cleveland since 1993.

"If we continue to play our game, we have a good chance to win," rookie Twins manager Ron Gardenhire said.

The game is the same for both: Forget about the possibility MLB will dismantle the franchises after the season and focus instead on a game built around pitching, fielding and intelligent play.

"We call it 'team ball,'" Minaya said. "Doing the little things that win games."

Reaching the top in April is one thing, but sustaining it requires a more pragmatic view.

The Twins catch a break with their next 16 games against feeble franchises Tampa Bay, Detroit and Kansas City. Montreal has no such reprieve.

"We don't have much room for error," Minaya said. "If a player gets hurt, we can't buy a guy."

The same goes for the Twins. Both clubs have star-quality players. Neither should expect pity.

New York Mets catcher Mike Piazza, as he named some Expos standouts, said, "I don't feel sorry for these guys."

Alumna Cindy Spiro Named Senior Development Director for Intercollegiate Athletics for Pacific

BY AMY SIMONSON
Staff Writer

Cindy Spiro, alumna form 1976 has been the associate director of athletics at University of the Pacific, since 1998. She has recently been named senior director of development for intercollegiate athletics.

It was announced April 10, 2002 by Jonathan Meer, Vice President for University Advancement. Spiro will continue as the senior women's administrator for intercollegiate athletics.

"Intercollegiate athletics at Pacific sets a high standard," Meer said. "Cindy Spiro has played an important role in that success and now she has agreed to an assignment that will help take Tiger athletics to a yet higher level of success. I am delighted that she has accepted the assignment to lead the expansion of alumni, fan and community support for Pacific athletics."

"I am pleased that Cindy has accepted this new challenge in her career," said Lynn King, director of athletics. "Pacific athletics has aggressive goals for the future that require support from our community, our alums, and our friends. I am confident Cindy will be very effective in involving our constituencies in reaching these goals."

Spiro has been a key member of Pacific's intercollegiate athletics program as a student, coach and administrator. As a student athlete she captained Pacific's first modern women's basketball team, worked as a trainer and an assistant coach.

She joined Pacific in 1979 as the first full-time coordinator of women's athletics, marketing women's volleyball as it rose to national prominence. In 1994, Spiro was named an assistant athletic director with responsibility for operations and facilities administration.

Spiro was Pacific's coordinator for the San Francisco 49ers Summer Training Camp held on the Stockton campus.

She in addition represents the University on various NCAA and Big West Conference committees.

In community activities, Spiro is a founding board member of the Children's Museum of Stockton and is a member of the board of the Stockton/San Joaquin Convention and Visitor's Bureau.

Spiro earned a master's degree in 1984, researching and publishing a history of women's athletics at Pacific.

She is married to 1974 Pacific graduate Steve Spiro and they have two sons: Scott, age 18 and David, age 17.
Softball takes first place in Big West

BY AMY SIMONSON
Staff Writer

Pacific softball put forth Herculean effort this weekend to perform an equally Herculean task. The Tigers ended seventh ranked Cal State Fullerton's 32-game winning streak, the longest in the nation, on Saturday April 20.

The Tigers move to 36-13 and 16-2 in the Big West after losing the first game of the doubleheader 1-0, winning the second game 3-2 and winning the third game of the series 1-0 on Sunday. Cal State Fullerton moves to 41-11 and 13-2 in the Big West. Pacific fell behind 2-0 after Cal State Fullerton put single runs on the board in the fourth and fifth innings. In the bottom of the sixth inning, the Tigers' bats came alive. Junior Nicole Inouye led off the inning with a bunt single. Freshman Michelle Anunciation reached base after being hit by a pitch, advancing Inouye to second. Brandy Thurman advanced the runners to second and third with a sacrifice bunt. Barbara Moody drove in both runs with a deep single to center field, which was mishandled by the Titans' center fielder Julie Watson and allowed Moody to advance to third. Estee Okumura drove in the game-winning run with a double to the wall in right field.

Senior Cindy Ball shut down the Titans in the top of the seventh and picked up her sixth save of the season. Sophomore Jennifer Dacre earned the win and improved to 9-2. Dacre struck out three, walked five and gave up three hits through six innings of work. Christy Robitaille earned the loss for the Titans and fell to 10-4.

Jennifer Joines: An Aspiring Olympian

BY STEPHANIE SEGREN
Assistant Sports Editor

It is hard to believe there was ever a time when Jennifer Joines was not a volleyball phenomenon. Back in the days at Milpitas High, Joines was not sure if she had all the ingredients to be an elite volleyball player. Yes, she was quite tall, awkwardly built, and a little on the skinny side.

After countless hours of practice and dedication in the gym and in the weight room, Joines' skill has surmounted her sheer athleticism. All along, she knew that greatness was attainable, but only if she committed her life to the sport. Here at Pacific, her early high school disappointments are long forgotten. Currently, she serves as the poster-child for UOP volleyball and has garnered an endless array of awards, plaques, medals and trophies symbolizing her unprecedented athletic achievements accomplished in just two short years. Her most coveted distinctions may be her back-to-back selections to the All-American Team.

What else does this 6'3" sophomore have left to prove? According to Joines, "Everything." Life never runs out of challenges for Joines, as she embarks on a new volleyball journey. In December 2001, Joines was invited to San Diego with 600 other of the best college players in the game to try-out for 10 positions to train with the Olympic team.

Of the 600 athletes that attended, Joines was selected to join the Olympic training team and continue her quest in the Olympic dream. Joines commented about the try-outs in San Diego, "The try-outs were one of the most athleticly competitive atmosphere's that I have ever been in. The coaches push you beyond your limits and see how you react individually. During try-outs, the whole concept of team is eliminated. It is all about how you (individually) will respond to particular situations." On the Olympic training team, Joines will be paired up with some of her fiercest competitors such as NCAA Player of the Year Logan Tom and USC's April Ross. Joines admitted at first it was unusual competing with players that you are used to playing against, but it's all worth it in the end.

Joines said, "Regardless of past competition, they are..."