What's your costume?

Congratulations Prof. Brown
ASUOP PRESENTS...IN ASSOCIATION WITH RHA

The University of the Pacific's 1st Annual
Halloween Bash

ASUOP PRESENTS, the programming board for ASUOP, has been working extremely hard to bring you UOP's 1st Annual Halloween Bash. This event will be the first major production for the board this year.

The event will be taking place on the Hand Hall Lawn on October 30th and will begin at 6:30. The board has a great line up of events planned for the evening.

Permission to Breathe, a live band, will kick off the event. The band will be playing for approximately 2 hours and immediately following will be a showing of The Rocky Horror Picture Show, on a huge outdoor screen. Believe it or not, there is still more. After the movie, the Hand Hall Lawn is going to become the hottest dance club in Stockton, with the Wild Video Dance Party. Various clubs on campus as well as community vendors will be present at the event, providing refreshments and carnival type games. The entire event will take place from the hours of 6:30 through 11:30.

We hope to see everyone there, and don't forget, wear your costumes.

FREE TO ALL UOP STUDENTS

Live Band: Permission to Breathe

Showing on a 15x20 ft. Outdoor Screen
The Rocky Horror Picture Show
DJ Dancing
UOP wins Governor's Cup

Forensics team keeps victory streak alive, prepare for Arizona tournament

The Trophy Collection in the Communication Department is growing, as the UOP Forensics Team won yet another Tournament. The Forensics team topped 32 other schools from throughout the West Coast, claiming the prestigious Governor's Cup. The win, along with previous wins at other tournaments, promotes them to the position of the first ranked Forensics Team in the state.

In Parliamentary Debate, competing against over a hundred teams, UOP was found in the final round of both Novice and Open Debate. Jennifer Baker and Chris Jefferey also broke into the Semi-Final Round, with Jennifer taking a tenth place speaker award.

In Individual Events UOP had two tournament Champions. Christopher Jefferey won Program Oral Interpretation, along with Tim Burridge who took first place in Impromptu Speaking. Other finalists in impromptu included Scott Stroud who took third, while Christopher Jeffery and Jennifer Irvine made it into the final round. Tim Burridge also received a second place in Communication Analysis, while Talia Jomini received third in Informative Speaking. Finally Edwin Tongson was a finalist along side Christopher Jefferey in Programmed Oral Interpretation.

UOP is preparing to continue their winning streak in a few weeks, when they will attend the Arizona State Swing Tournament. There they will face competition from around the country including schools including, Colorado State, Kansas State, Eastern Michigan University, and many other nationally ranked forensics teams.

Students try to make connections

Dept. of Human Resources to implement quality service training program focusing on personal and professional development

LACY HYLAND
Pacifican Guest Writer

Having trouble taking care of business in the Finance Center? How about the Provost's office? Do you feel that the busy schedules of the faculty and staff of UOP do not include the time or effort to help you, the student? For those of you who are having trouble appreciating the quality of service here at UOP, help is on the way.

The Department of Human Resources has decided to take action and accept their call to arms. Their weapon of choice: the CONNECTIONS program; a quality service training program specifically designed for implementation on campuses like UOP.

"All faculty and staff will participate in CONNECTIONS over the next 12-18 months," said Sally Coleman, Employee Relations Specialist. The CONNECTIONS program was chosen by the Staff Development Leadership Council, who, along with Coleman also includes Dianne Runnick, Director of Human Resources, and eight other council members. The council spent much time and effort into selecting the most appropriate program for UOP.

"After many months of reviewing the specific needs on campus, we selected the CONNECTIONS series to be the program offered to all faculty and staff at Pacific," said Coleman.

Assessment Management Team comes to campus

Nov. 1 Workshop helps teachers get through to students

SOTERA FACUNDO-BARKER
Pacifican Staff Writer

How can an instructor know if his or her student is actually learning? How can the instructor know when to move on to the next topic, when to pick up the pace, and when to slow down?

The answer to these questions lies in the "Better Teaching, through Better Learning" workshop scheduled for November 1. It will be held in Weber Hall from 9 a.m. to 12 noon.

The purpose for this workshop is to inform instructors and student teachers about some helpful classroom assessment techniques. It is being presented by Michele Marincovich, Director, and Jack Prostko, Associate Director for the Center for Teaching and Learning at Stanford University.

"Basically what we're looking at is a way teachers can assess or evaluate whether or not learning takes place in the classroom," said Dr. Heather Mayne, Assistant Provost at UOP, "and how effective students are learning." "The most important aspect about teaching and learning is not just teaching but also being able to determine whether learning is taking place," said Mayne.

The workshop is relevant now because Program Review is in a continuous cycle for the next few years. Each department at UOP will
ASUOP
Tiger's Grocery
Where You Can Get:
Soda
Snacks
Cigarettes
Ice Cream
And More!

Store Hours
Monday - Friday 8am - 11pm
Saturday 12am - 11pm
Sunday 12am - 12pm

We Accept Cash and Express

ASUOP
Attention! Treasure Position Open:

Be a member of the ASUOP Executive Board, a part of Student Government. Join the team and represent your student body. Applications Available NOW in the ASUOP Office, located in the McCaffrey Center across from the Summ. Applications will be due no later than 5:00 p.m. November 6, 1997 in the ASUOP Office.

NEW Student
DENTAL PLAN
No charge for diagnosis and x-rays only $57.00 per year
Save money and your teeth! Enroll Now!
Call for a brochure - (800) 655-3225.

NEW LOCATION!
Ralph's Software & Computers
429 East March Lane, Suite C
(Just East Of FOOD 4 LESS, March Lane & El Dorado)

957-5555
9ers and Pacific - the real question

Imagine the 49ers chose to make UOP home of their training camp. What effect will it have on UOP? What changes are going to take place before the team arrives? Everyone is aware now, on October 17, the 49ers held a press conference to announce the move of the training camp from Stockton to Stockton. According to reports, 49ers and Pacific - the real question

improve the living environment and not due to the concerns or complaints of students. Simply ask yourself why these improvements are going to be made and why the administration is making major financial commitments to a professional sports team, and not to its students. Students need technology, safety and general cleanliness improvements in dorms. Students seek Internet access in their dorm rooms. Students seek a dorm with safe wiring, and up to code facilities. Students seek Internet access in their dorm rooms. Students seek a dorm with safe wiring, and up to code facilities. Students seek Internet access in their dorm rooms.
Prozac: As common as Tylenol or Advil?

JACLYN EDWARDS
Pacifican Staff Writer

Do you have an obsessive compulsive disorder? Take a pill. Do you have an eating disorder? Take a pill. Are you depressed? Take a pill. Prozac, the most popular anti-depressant drug worldwide, has been used for a wide range of disorders. Vets even prescribe Prozac for hard-to-control dogs. Since its debut by the Eli Lilly and Company in 1986, an estimated 24 million people worldwide and 18 million in the United States have taken Prozac. Are we becoming too dependent on this wonder drug?

Children have been one of the many recipients for Prozac, yet this drug has never been tested for children. According to NewswEEK's October 20 edition, prescriptons for the drug rose by 80 percent over the past two years. Does this mean that 80 percent more children are becoming depressed or have an eating disorder? No. Prozac usage is rising because some parents are finding an easy way out to wash their hands from a unmanageable child, and insurance companies would rather pay for drugs than psychotherapy.

Although Prozac can relieve primary depression, "...some parents may expect Prozac to spare their kids the normal growing pains of growing up," says Dr. Lawrence Diller, a behavioral pediatrician. At the same time, Prozac is a cheap substitute in which insurers and managed care health plans encourage doctors to prescribe, rather than refer their patients to potentially expensive mental health specialists. According to the Eli Lilly and Company in 1986, an estimated 24 million people worldwide and 18 million in the United States have taken Prozac. Are we becoming too dependent on this wonder drug?

Fatigue - chronic symptom on UOP campus

ALISA EICH
Pacifican Staff Writer

I have recently noticed college students are perpetually tired. Take, for example, my roommate who keeps falling asleep on our floor. She does not actually choose to sleep on the floor, she just sits down to read, study or do something, and she falls asleep. Perhaps when she is really tired, even the wooden floors of Southwest seem comfortable. Have you ever looked around the room during one of your classes? There are always students with droopy eyes and bobbing heads. It is obvious that college students do not get enough sleep. Sleep is the first thing that we, as students, deprive ourselves of. It seems more logical for us to skip out on sleep than to skimp on studying or socializing. We stay up all night long doing homework during the week, so on weekends we stay out all night partying.

We stay up all night long doing homework during the week, so on weekends we stay out all night partying. But is skipping sleep such a good idea? Most people are familiar with the ill-effects of sleep deprivation. Lack of sleep tends to make one tired and irritable. Fatigue can also affect concentration and performance levels. If one loses even one hour of necessary sleep, his or her acuteness can be seriously affected. For example, every year after our clocks are turned ahead for daylight savings, there is a 7 percent increase in car accidents. If one stays awake for more than twenty-four hours, he or she may begin to hallucinate. Even though Americans are aware that sleep is important to their health, studies show that we as a society are getting less and less sleep.

As Americans get busier and busier we tend to give our "eight hours" a lower priority than work or play. According to Lee Neville of Business Week magazine, the typical American of 1910 got around nine hours of sleep per night. The average amount of sleep for modern Americans has declined to seven hours per night. Perhaps we need to stop giving sleep such a low priority. Sleep is very important to our health, as important as eating or drinking. I think that we, as college students, should make an effort to give the respect it deserves. I admit I am staying up late to write this article, and I would admit that I stay up every night doing homework or joking around my roommate. But I will argue that I have quite a tendency to fall asleep in class and think that college students need a little more sleep. I know we aren't going to get eight hours per night, but perhaps we should try to schedule sleep into our lives. I think that we deserve some rest, so tight.
Question of the Week

What do you think of the 49ers making UOP their training camp?

It's great for the school. I hope it will get the community tied about football and put enough pressure on the school so they will decide to bring back UOP's team.

- Evan Ott
  Junior

"I think it will draw students here and bring in some kind of money for UOP."

- Andrea Davenport
  Freshman

"I think it was a great idea and will benefit the school and community."

- Wayne Broberg
  Senior

"It should bring a lot of exposure to the school."

- Cruz Alvarado
  Junior

"I think it's cool because it will bring back school spirit and encourage UOP to bring a football team back."

- Rebecca Gutierrez
  Sophomore

he campus and community—another perspective

Dear Editor,

In the past, the articles and comments on the Stockton campus and UOP's safety issue to it with a different perspective. It is not my job to encourage students to enroll at UOP and present the information on the University in the area in a balanced manner. In my opinion, sides of the Stockton UOP debate lack a balanced perspective.

People grew up in what has been called "America's Finest City"; San Diego, because of its proximity to six blocks from San Diego State University. San Diego a great town (actually, it is paradise right?) Wrong. My mother, a retired juvenile probation officer for San Diego County, has kept me informed about what goes on in San Diego. Andrew H. in his 10/19/97 letter to the editor of the Pacifican talks about the Cleveland School shooting which almost always comes up whenever there is a discussion of Stockton. Does anyone remember the 16 year old girl in San Diego who shot up a school yard killing three and injuring 12 because she didn't like Mondays? I do because my mother transported the killer to and from court. Yet this case is hardly ever mentioned when San Diego is discussed. On the Crime Charts provided in the 10/16/97 edition of the Pacifican, San Diego looks pretty good on rape and murder statistics yet at my 25th high school class reunion there was a five page memorial section—two pages devoted to classmates killed in Vietnam and three pages devoted to debate between San Diego residents and the colleges located there about these safety issues. Does this mean that San Diego is safe and has the perfect town and gown relationship? Hardly. I remember my brother (an S.D.S.U. alum) telling me about establishments that actually discouraged patronage from college students. What does it mean? Maybe because it's a larger city the many high profile crimes (remember the guy who opened fire at the McDonald's in San Ysidro killing twelve people and injuring many more) people tend to forget all of this. I suspect, however, that it has more to do with the fact that San Diegans and the college students in the area by into the "America's Finest City" image. Are students and people in San Diego safer than students in Stockton? Not really, but both city residents and students perceive themselves to be safer. Is there more to do in San Diego and is San Diego more welcoming of college students? Perhaps, but I believe it has far more to do with perception and positive image than reality.

I was an undergraduate at a small liberal arts college in suburban Los Angeles where I lives on campus. I also lived on UOP's campus the first year I worked here. Based upon personal observation even though the school I attended was near Los Angeles, I believe UOP students have many options and opportunities for safe educational, cultural, social, and recreational activities than I did as undergraduate.

I think the debate sparked by Eric DeWees of the Pacifican and spurred on by Mike Fitzgerald of The Record has provided the University and the City of Stockton a challenge that can be met only by both entities coming together to work on changing warped perceptions of one another and to address the real issues so that the city and the university both benefit. We have so much to lose if we continue to throw barbs at one another but much more to gain if we work together to improve our community. Bringing the 49ers to Stockton/UOP is an example of what we can achieve if we work together. Between the residents of the City of Stockton and the member of the UOP community, there is enough talent, vision and energy to make Stockton everything we would like it to be. Let us continue to work together.

Sincerely,
Edward L. Schoenberg
Dean of Enrollment Services
**AXE offers golden opportunities for students**

**GEORGE BUSE**  
Pacifican Guest Writer

Alchemists, the medieval pseudoscientists that aimed to transmute base metals into gold, are still alive and well at UOP. With their lair nestled in the silent depths of the Classroom Building basement, they meet weekly, covertly. However, these UOP alchemists are unique; they are members of Alpha Chi Sigma (AXE).

According to Jacqueline B. Nguyen, AXE's co-Master Alchemist (comparable to being co-President), "We also have a social aspect." AXE members are active both on and off campus. On campus, they offer numerous social events to members, sell labora-

tory goggles and coats, recognize chemistry department faculty, and sponsored a booth at this year's Fall Festival.

Off campus, UOP's alchemy can be found mingling with their fellow "brothers" at UC-Berkeley's AXE fraternity house. They also take trips to San Francisco, go skiing, and soon they intend to go camping. Furthermore, AXE is planning to do some philanthropic work with the Salvation Army this Christmas.

In addition, unlike the medieval alchemist, AXE members are not ignorantly striving to make gold from some other metal; they are veritable science students. Although a professional chemistry fraternity, AXE caters to all science majors. Regardless of major, each member benefits from golden opportunities. For instance, members interact with people in both the professional and academic arenas. Along with this networking comes a sense of camaraderie and support. In essence, AXE effectively melds social and professional interests in one organization.

So what does it take to become a "brother" in this co-ed fraternity? First and foremost, one must successfully complete at least one semester of chemistry and have an interest in the science. Second, attend one of the informal meetings that are offered at the beginning of each semester; get to know the members. Third, a pinning ceremony is held, followed by the actual initiation process.

As an aside, members Kenji Rayda and Jane Kuo mentioned that one of the most memorable aspects of AXE life is initiation — if only the walls of the Classroom Building could speak! In addition to the previously mentioned benefits of being a member of AXE, Jacqueline noted that pledging is relatively inexpensive and, of course, membership adds strength and credibility to one's résumé.

Hence, though the members may not be transmuting elements into gold, the benefits fit through AXE are undoubtedly golden.

---

**Club Calendar for the week of Oct. 31-Nov. 6**

<table>
<thead>
<tr>
<th>Day</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong></td>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td>Chi Alpha Christian Fellowship—Meeting—Z Building <strong>31</strong></td>
<td><strong>CROSSROADS—Road Program Youth to Youth Conference—Grace Covell Hall—8:00 a.m.</strong></td>
</tr>
<tr>
<td>CROSSROADS—Pacific Live Club—Exotic Erotic Ball III—Grace Covell Dining Hall—9:00 p.m.-1:00 a.m. Check Club News for details.</td>
<td><strong>East Indian Cultural—Cultural Event (Rehearsal)—Faye Spanos—10:00 a.m.-2:00 p.m.</strong></td>
</tr>
<tr>
<td>UOP Gallery—Last chance to see the Brookes Byrd exhibit—2nd floor McCaffrey Center—Open 12:00-5:00 p.m. Check out Club News for details.</td>
<td><strong>Hawaii Club—Weekly Meeting—McCaffrey Center Conference Room—6:50 p.m.-10:00 p.m.</strong></td>
</tr>
<tr>
<td>International Programs and Services—Halloween Party—Bechtel Center—8:00 a.m.</td>
<td><strong>Sunday</strong></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>M.E.Ch.A.—Meeting—Bechtel—8:00-9:00 p.m.</td>
<td><strong>STAND—Meeting—S.W. Mailroom lobby—5:00 p.m.</strong></td>
</tr>
<tr>
<td>Morris Chapel—Evensong—5:00 p.m.</td>
<td><strong>OASIS—Mtg.—Bechtel Center—5:30 p.m.</strong></td>
</tr>
<tr>
<td>Tuesday World Forum—Jon Strole—Bechtel Center—12:00 p.m.</td>
<td><strong>Pre Dental Club—Meeting—Dr. Fong Guest Speaker—C.R. 238—7:00 p.m.</strong></td>
</tr>
<tr>
<td>MILAN—Meeting—Bechtel Lounge—4:30 p.m.</td>
<td><strong>CROSSROADS—Prevention Program—McCaffrey Center Conf. Rm.—5:00 p.m.-4:00 p.m.</strong></td>
</tr>
<tr>
<td>Entrepreneurship Club—Meeting—Weber 101—5:00 p.m.</td>
<td><strong>Chi Alpha Christian Fellowship—Weekly Leadership Meeting—Morris Chapel—5:00 p.m.</strong></td>
</tr>
<tr>
<td>Middle Eastern Students Assoc.—Meeting—Bechtel Center—8:00 p.m.</td>
<td><strong>Beta Alpha Psi—Professional Event—Weber 103—5:30 p.m.</strong></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td>Intervarsity’s Pacific Christian Fellowship—Meetings—McCaffrey Center Conference Room—7:00-8:00 p.m.</td>
<td><strong>Han Aung Student Association—Meeting—7:00 p.m.</strong></td>
</tr>
<tr>
<td><strong>SASBA—Meeting—Weber Hall Room 212—12:30 p.m.</strong></td>
<td><strong>C.A.Fe—Meeting—McCaffrey Center Conf. Rm.—7:00 p.m.</strong></td>
</tr>
<tr>
<td><strong>if you want your club meetings or events to be featured here, please feel free to call Beatrice at 946-2115!</strong></td>
<td><strong>UOP Gallery—Diana Jacobs’ new exhibit.</strong></td>
</tr>
<tr>
<td><strong>Russian Club—Russian Cultural Meeting—the Bechtel Lounge—9:00 p.m.</strong></td>
<td><strong>International Programs and Services—Bechtel Center—4:00 p.m.</strong></td>
</tr>
<tr>
<td><strong>Multicultural Student Assoc.—Meeting—the Bechtel Lounge—4:30 p.m.</strong></td>
<td><strong>Tuesday</strong></td>
</tr>
</tbody>
</table>
## Club News

**Tuesday World Form**

This year the program is organized by the School of International Studies (in cooperation with the Office of International Programs and Services, with funding assistance from COPA, SUOP, UPBEAT, and the Bishop Miller Lecture Committee). Our fascinating presentations are in the McCaffrey Center beginning at 5 p.m. on Thursday, October 30. A lunch will be provided by Marriott at $3.75 for non-students. UOP students eat free and sack lunches are welcome. The presentations are free and open to the public. Jon Horrocks, Associate Provost of Monterey Institute of International Studies, will speak about "Language Learning and Career Options" on Tuesday, November 4.

**UOP Gallery**

The UOP Gallery is located on the second floor of the McCaffrey Center, in the center of the UOP campus. The Gallery hours are Monday-Friday, 9 a.m.-4:30 p.m., and Saturday & Sunday, 12:00-5 p.m. Please come to the exceptions. The public is invited and admission is free. The first exhibit will run until October 31 and will be the work of Brooke Byrnes. From November 2-29, the Gallery will be exhibiting the work of Diana Jacobs.

**ASUOP and RHA**

On Thursday, October 30, the Associated Students (ASUOP), in conjunction with RHA, is sponsoring UOP's 1st Annual Halloween Bash. This event is a non-alcoholic party featuring a band, movie, and dance. The event will be taking place on the Hand Hall lawn. The event takes place from 6:30 to 11:30 p.m. and therefore quiet hours have been extended for this special event until 11:30 p.m. on Thursday, October 30. We hope this is a supportive, community event, from all of you. We encourage you all to attend. It is going to be a great time! If there are any questions, please call 946-2233.

**Pacific Live Club**

Pacific Live Club, part of the CROSSROADS Prevention Program, is dedicated to planning and providing fun and healthy activities on campus that are alcohol and drug-free. We need your help and great ideas. We are presently organizing events with the CROSSROADS Peer Educators for National Collegiate Alcohol Awareness Month, October 13-31, 1997. Participate in our Mocktail Contest and create your own mocktail to win a prize on Thursday, October 30, from 12:00-1:00 p.m. on the McCaffrey Center Stage. On Halloween night is our Exotic Exotic Ball II in Grace Covell Dining Hall from 9:00 p.m. to 1:00 a.m. There you will find music, raffle, costume with track prizes, games and prizes, mocktails and free food. Come join us and have fun every Tuesday night at 8:00 in the Private Dining Room across from the Redwood Inn.

**C.O.F.**

The Campus Apostolic Fellowship is designed to minister to University of the Pacific students by providing an outlet for worship and fellowship in a Spirit-filled atmosphere.

**Chi Alpha Christian Fellowship**

Don’t miss Chi Alpha’s Fall Harvest party tomorrow night after the weekly service. We meet from 8-10 p.m. every Friday in the Z-Building. Everyone is welcome.

**Morris Chapel**

Evensong, or Vespers, a traditional service of music, prayer and reflection in the Christian tradition will be celebrated in Morris Chapel at 5 p.m., Tuesdays. Evensong is open to the University community and the community at large. This will provide a moment of spiritual refreshment as we move from the world of work to the word beyond. Evensong will be led by University Chaplain Mark Zier, University Organist Charles Shilling. Members of the Conservatory, under the direction of Choral Activities Director Ted Currie, will perform. This service will take place on Tuesdays, 5:00-5:30 p.m.

**Hillel Foundation (Jewish Student Union)**

Hillel is a Jewish Student Union, but is not just for Jewish students. Anyone interested in learning about Judaism while having a ton of fun should contact Rebecca: 465-4308. Also, keep your eyes on the Pacifican for the latest news!

**Vietnamese Student Association**

Listen up everyone, VSA is planning a dance which will take place Friday, November 14, from 8:00 p.m. to 1:00 a.m. Come join us for a night filled with excitement before the stress of finals begins to kick in! Also, if you missed the important culture show meeting Monday and you are still interested in learning and participating in The Show, please send an e-mail to qn0002@uop.edu or tn0019@uop.edu. Be on the lookout for our fliers. Remember, we are box # 66 in the McCaffrey Center.

---

## GREEK LIFE

**Pi Kappa Alpha provide congratulations**

The men of Pi Kappa Alpha would like to congratulate Mr. Robert Hanyak on becoming our new faculty advisor. Hanyak, the winner of 1995-1996 Distinguished Faculty Award, was recently initiated, and the brothers are all very excited about the insight that he will bring to the organization. Mr. Hanyak looks to help us maintain the highest fraternity GPA for yet another year.

We would also like to congratulate our Fall pledge class. Members include Peter Adams, Dan Allen, Jon Bagget, Jorge Barriere, Jason Preo, Raul Reveles, Dustin Weitz, and Wes Widmer. They are working hard on community service and scholarship. Their Homecoming party was considered a success by all in attendance. The pledges are doing a great job so far and will surely continue to add our organization once they are initiated.

The men of Pi Kappa Alpha would like to take this opportunity to thank the ladies of Alpha Phi and Delta Delta Delta for great exchanges so far this year, and remind everyone not to forget to look for us at Hit of Reality during the first week of December.

---

**Kappa Alpha Theta brings you:**

4th Annual Kickball Classic

**Who:** You and 8 to 10 of your friends.

**What:** Kickball Tournament.

**When:** Saturday, November 1, 3:00-5:00 p.m.

**Where:** Brookside Field

**Why:** Fun, Fun, Fun

**How:** Cost is $20 per team

Sign up in the McCaffrey Center; or Contact Kappa Alpha Theta at 462-4727 for more information.

All proceeds benefit C.A.S.A.
LLL courses feature unusual California

Many UOP students have been California residents for almost 20 years. No one has to tell them that California is an innovative state with a reputation for creative solutions to problems.

These sometimes outrageous methods of problem-solving will be covered, (or uncovered) in "California's Unusual Government," taught by political science professor emeritus Jerry Briscoe. Learn the clever and/or sneaky tactics, both Republicans and Democrats have used to win the Governor's office, how the California Legislature developed its reputation for catering to moneyed client groups, and how recent setbacks have threatened California's prosperity.

California's Unusual Government will meet Saturdays, Nov. 1 and 8, 9 a.m.-4:30 p.m.; and Wednesday, Nov. 5, 6:30-9:30 p.m. in WPC Room 236. The cost is $70 for one extended education (elective) unit. Call Lifelong Learning at (209) 946-2424, charge $70 to your student account, and you're all set!

Several Lifelong Learning courses offered this fall examine problems related to drug and alcohol abuse: "Understanding Domestic Violence," "Implications of Codependency," "Sex, Drugs and Teens," "Law and Ethics for Counselors," and "Street Drugs and Human Behavior."


Sharpen your computer skills with "Word Processing and Desktop Publishing"; "Microsoft Office 97"; and "Microsoft Works."

Have you signed up for January Term, 1998? Register through December. There is a late fee after December 19, so don't delay.

For more information, stop by McConchie Hall or call Lifelong Learning at (209) 946-2424.

I would like to shed some positive light on the use of oral contraceptives. Recent Gallup polls show that most women have negative views about oral contraceptives.

The news media often misleads the public by focusing only on the adverse reports and ignoring studies that show health benefits of the pill. David Grimes, M.D., (no relation), professor and vice chair, Department of Obstetrics and Gynecology and Reproductive Sciences, University of California-San Francisco states, "Oral contraceptives lower the risk of four life-threatening diseases in women. The four include ovarian cancer, endometrial cancer (uterus), pelvic inflammatory disease, and ectopic pregnancy (tubal pregnancy)." Dr. David Grimes goes on to say, "Women who take the pill for 10 years or longer cut their risk for ovarian cancer by 80 percent." Other studies have shown a 50 percent decrease in the risk of both uterine cancer and pelvic inflammatory disease and a 90 percent reduction in the risk of tubal pregnancy.

Oral contraceptives may also reduce the risk of iron deficiency anemia, painful periods, benign breast disease, and rheumatoid arthritis.

First line treatment for acne is very often birth control pills. Physicians may now recommend oral contraceptives to women over 35 who do not smoke, and have no history of blood clots or strokes. In fact, the most recent revision of Contraceptive Technology lists no absolute reasons any woman cannot use birth control pills if she is properly monitored.

Proper education of oral contraceptives should be carried out by physicians, nurses, and health educators. If a woman wishes to begin oral contraceptives, a pap smear and medical history are important to obtaining the correct birth control option. Oral contraceptives are available through the Health Center at reduced cost. Always remember birth control pills are used for contraception, make sure you are also a condom. The pill does not prevent the transmission of sexually transmitted diseases or HIV.

Lifelong Learning Calendar

(All classes listed below are open to UOP students and public)

**November**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date and Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Education for Teachers</td>
<td>Sat., 11/11-12, 8 a.m.-5 p.m.</td>
<td>1 unit, $75</td>
<td>Jerry Briscoe</td>
</tr>
<tr>
<td>Street Drugs and Human Behavior</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>George Hendricks</td>
</tr>
<tr>
<td>Law and Ethics for Alcohol Counselors</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>Ruth Reynolds</td>
</tr>
<tr>
<td>Understanding Domestic Violence</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>Mike Meredith</td>
</tr>
<tr>
<td>Socially, how do you interact with other people?</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>Mike Meredith</td>
</tr>
<tr>
<td>Intellectually, how do you feel about yourself? Do you believe that you are a worthwhile, valuable person, or do you see yourself as defective and not as good as your friends?</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>Mike Meredith</td>
</tr>
<tr>
<td>Physically, how do you feel about yourself? Have you developed a drink and drug habit? How does it make your body feel when you are enraged?</td>
<td>TTH, 11/4-11/13, 6-10 p.m.</td>
<td>1 unit, $70</td>
<td>Mike Meredith</td>
</tr>
</tbody>
</table>

VIRGINIA LUCHETTI
Pacifican Guest Writer

It is important to examine each area of your life to determine how your habit has affected you. There are six areas to consider, physical, emotional, behavioral, intellectual, social and individual. Physically, pay close attention to the mind-body connection. For example, if you are easily angered, how does your habit have on your life.

For more information, stop by McConchie Hall or call Lifelong Learning at (209) 946-2424.
Money Majors and More

BURTON JAY NADLER
Director UOP Career and Internship Center

Examining educational offerings, we often hear about "the three Rs...Reading, writing, and arithmetic." While the phrase doesn't say much for spelling abilities of those who cite it, it does illustrate a homonymous and easy way to remember foundations of a critical process. When thinking about how best to prepare for the months ahead, efforts involved in Academic Internship, Practical Experience, and post-graduation job search, we at Career and Internship Center (CIC) want you to remember a different set of 3 Rs.

Registration: All Senior and Alumn(au)ne job seekers must register as soon as possible. Complete a form which identifies career fields of interest and allows us to release resumes and mailing lists to recruiters. Once registered you will receive editions of our Resumes: Seniors and alums must provide distribution-ready copies of your resumes ASAP! Stop by our office to pick up a copy of the UOP Resume Writing Guide, develop a first draft, then make an appointment to have the draft critiqued.

Recruiting: On-campus recruiting usually occurs in Spring, with some recruiting throughout the year. You must be ready early in the Spring to respond to all opportunities! Open and pre-screened schedules are conducted. Now is the time to begin!

Research is the key to goal setting and, ultimately, preparing for on-campus recruiting. Our Career Focus Program is designed to provide information and motivation required to initiate goal-directed research. To begin, simply call to schedule a session with a counselor. Reactive job search includes on-campus recruiting; off-campus recruiting, our Spring Job Fair; and responding to postings we receive throughout the year. Proactive job search, often called "Self-Recruiting," is the process by which job seekers initiate contact with employers. We teach reactive and proactive methods in one-on-one job search coaching sessions. Sign up for an appointment to discuss your strategies and begin learning techniques now!

CICCalendar

Special events, workshops, and dates to remember will be posted weekly. Andersen Consulting resumes and Personal Data Sheets to Career and Internship Center by Oct. 29, for Interviews to be conducted on Nov. 5.

Arthur Andersen Accounting On-campus Interviews, Oct. 27. Physical Therapy Job Fair for PT and Communication Disorders graduate students and undergraduate Sports Medicine and Communication Disorders majors, and others, Nov. 7, Raymond Great Hall, 2-5 p.m.

Andersen Consulting with be Interviewing on campus on Wednesday, Nov. 5. All senior resumes due in by Nov. 41!

Investigating Internships

BOB WRIGHT
Pacifician Guest Writer

First, I want to introduce myself as the new Career and Internship Center Graduate Assistant. I graduated from the University of Colorado, Boulder in 1988 and I am currently working on my MBA at the Eberhardt School. I do know first hand the vital importance of participating in internship opportunities. While in school, as I was fortunate enough to work for the "Golden Buffalo Scholarship Fund," coordinating special events and assisting the CU Athletic Department to achieve annual fundraising goals.

This experience nurtured within me greater career focus, as I realized that I had fundraising talents and that I really enjoyed coordinating special events. Furthermore, I developed relationships in the business community and built up much needed self-confidence. The experience helped jump start my professional career as I found my first post-graduation position with Colorado Special Olympics as a fund-raiser and coordinator of special events.

What is the situation today? Do internships still prepare students for the professional world? Heriberto Muro, a marketing major at the Eberhardt School of Business, who is currently interning at Big Brothers/Big Sisters of San Joaquin County, can answer these questions with words and deeds. Heriberto is in charge of recruiting volunteers for Manteca and Tracy, so he's been busy making presentations to companies such as Wal-Mart and K-Mart in order to get their employees to help with the program. Heriberto is already convinced that he made a good choice in participating in an Academic Internship while at UOP. "I am developing public speaking skills by making these presentations, and I am getting the opportunity to put my marketing knowledge to work for a good cause."

Like I did a few years back, Heriberto has gained career focus from his internship. He realizes that he wants to run his own business someday. While he doesn't see himself employed in the non-profit world, he enjoys recruiting and relying volunteers for the Big Brothers/Big Sisters Program!

Opportunities are available for you too. Just visit the Career and Internship Center, attend an orientation, review our notebooks and directories citing various local, regional, national as well as international options!

CIC Kudos

Jonathan Moeller is a Sales and Marketing Associate for CB Commercial in Foster City. Wow! A very real job in real estate.

Greg Weston stopped whining about job search and became a Sales Representative (not a taste tester) with The Wine Group.

Krista Holmes is an Eberhardt School grad who is counting on her accounting degree to yield returns on her academic investments as an Auditor for Arthur Andersen in Sacramento.

Cole Fotheringham has a brand new job. He is Chad Fotheringham's newborn son. Congratulations.
Catherine Westbrook
Pacifican Staff Writer

Howard Houck has been the coordinator of the Learning Disabilities Support Program at UOP for six years. After his first year at Pacific, he started up the Learning Disabilities Support Program. This program is set up with support from the Rehabilitation Act (Section 504) and the Americans with Disabilities Act (ADA) that require all schools to have such a program available to students on campus. The Learning Disabilities Support Program seeks to help students with documented learning disabilities. Students with such conditions are helped to succeed further in the classroom.

There are approximately 150 UOP students involved with this program. Houck says that he works closely with teachers in formulating accommodations in the classroom that are appropriate for students’ needs. Books on tape are often available to students involved with the program and conferences are held to help students improve their study skills. Houck points out that, "Many students in the program are very successful and brilliant." 10 percent of students involved have made the Dean’s list and one third have 3.0 or higher GPA. When he is not working with the program or teaching Developmental Reading Class with the School of Education, he loves being outdoors and being involved with fitness. He is an avid runner and snow skier, and likes to go recreational bicycling. Houck also enjoys working on computer programs that are designed to assist people with reading problems. When asked what the best part of his job was, Houck replied, "Knowing you're helping people."

Museum exhibits for photography buffs and a whole lot more

Julie Anton
Living Arts Editor

Several new exhibits are being offered by the Haggin Museum, located in Victory Park south of campus on Pershing Avenue.

Displayed publicly for the first time, this collection of 30 Leica cameras spans a period from 1925 to the present. The Leica is produced by the historic optical firm of E. Leitz of Wetzlar, Germany. Neil Gluskin, owner of Gluskin’s Camera in Lincoln Center, began the collection in 1965. He was drawn to Leicas because of their superb craftsmanship and technical innovation.

Historic photographs of Stockton taken between 1925 and the present will form a backdrop to the display. The photographs have been chosen from the collections of the Haggin Museum, the Bank of Stockton, and Steve Pereira. The exhibition will be on display in the Lower West Gallery through January 25, 1998.

The Music at the Museum series continues with classical guitarist Daniel Weston Morton. Drawing upon masterpieces from over four centuries and three continents, he moves audiences with depth and charisma. Spanish maestros, then the Latin American greats.

All Music at the Museum programs are free to the public and begin promptly at 2:00 p.m.

Bay Area photographer Scott Jordahl takes us on a photographic journey along the Joaquin River from its headwaters in the Southern Sierra to Suisun Bay. In this work, Jordahl captures this waterway as a living system, allowing its viewers an opportunity to feel an intimate connection with the essence of its river. This exhibit, which is a loan the Ansel Adams Gallery, is located in the Lower West Gallery and will be on display through November.

For additional information regarding these events or other Haggin Museum exhibits or activities, please contact Kimberly Braddock at (209) 462-1566 or (209) 607-1998.

A hand-standing Jesse Jones provides antics for the crowd during a UOP volleyball game last week.

Nothin’ but Net

Julie Anton
Living Arts Editor

Did you know that the word "Halloween" didn’t appear in a dictionary until the 1700’s? Well, even if you did (and we all know you really didn’t) I challenge you to take "The Great Halloween Quiz" at www.magic.net/~slyboots.

With the ghoulish holiday just around the corner, these web sites will give you a great trick-or-treat.

At cityview.com/halloween/index.html you can check out all sorts of haunted tales. This page includes a list of haunted places, including the Golden Gate Bridge! Includes true ghost stories from over the country. Nice additions to this page are Halloween safety tips and a free event happening prior to and on October 30th over the place.

Mary Ann and Holley page located at www.advancenet/~holle/halloween/index.html, has a pumpkin patch for a great Halloween goodie. Read some classic spooky tales, such as Edgar Allan Poe’s “The Black Cat,” or onto some neat recipes for unique treats to serve. See Net, page 111.
The study bug is going around

CHRISY COLLINS
Pacifican Staff Writer

Welcome to mid-semester! Unfortunately, it is that time when the classes get longer and it gets much harder to get up in the morning. The weather is also changing and the colder it gets, the more difficult it is to get going. This is also a crucial time for all your classes. It’s time for midterms and time to register for next semester. Therefore, you must consider if you like the classes you are in right now and if you want to pursue that subject further. Studying correctly and effectively becomes essential to your success at this point in the semester. The next few weeks is a major time to study and bring up those grades that may not be as close as you would like. But, how does one go about doing this? I would like to share some of my study tips that I have found effective: My best idea is to get some studying done every night, don’t procrastinate so that you are forced to cram it all in the night before a test. The material will be a lot clearer and you will remember it better if you begin early. Another idea is to recopy and organize your class notes. Review your notes right after class, if possible. In addition, outlining the chapters in the book will help focus your study time. This will put into perspective what you need to know.

When you are studying for a long period of time, be sure to take breaks. It is impossible for your brain to study for hour after hour without rest. During your study breaks, get something to eat or drink, rest your eyes, walk around, and stretch. This will allow your mind to concentrate better when you get back to it.

See Study, page 14

The Shadows: A great meal

ERIKA BIRLEW
Pacifican Staff Writer

Happy Halloween everyone! This week, your Epicurean Ambassador has once again ventured into the sometimes frightening world of fine dining and has discovered a pleasant surprise at The Shadows. This wonderful restaurant is named appropriately because it is located in the shadows of Oakridge Shopping Center at 7555 Pacific Avenue. Reservations are recommended (477-3307) and most major credit cards are accepted.

This restaurant has an extensive selection of items from the grill to choose from as well as a large selection of chicken and seafood combinations. Each dinner comes with soup or salad, vegetables and a choice of baked potato, rice, or French fries. As I looked over the menu, the description of the Chicken Florentine caught my eye. Chicken Florentine is several pieces of chicken breast that are lightly sautéed and served over rice in a cream sauce with spinach. My dinner companions remarked that the Prime Rib sounded especially appetizing. We also ordered French onion soup and salads with Green Goddess, their special salad dressing.

Dinner was fabulous! My Chicken Florentine was so rich and creamy that I was unable to finish it.

As we left the restaurant we remarked about how The Shadows was so elegant, it should be brought out into the light so everyone can enjoy it. But then The Shadows wouldn’t be The Shadows.

Recipe of the week

CATHERINE WESTBROOK
Pacifican Staff Writer

Since Halloween has now crept up behind us, a good recipe to try out is caramel apples.

Ingredients:
4 popsicle sticks
4 Granny Smith apples
8 oz. sugar
1 oz. water
3 drops lemon juice
1 oz. butter
1 and 1/2c. heavy cream

Instructions:
1. Take a new saucepan and add sugar, lemon juice and 1 oz. water. Cook again until dissolve. Take pan off the stove and add water. Cook again until lumps are gone. Remove the pan from the stove. Slowly add in the cream and the butter. Stir until smooth. Push the popsicle sticks into the apples, and dunk them in the caramel sauce. Set them on an oiled sheet to cool. If you want a thicker caramel, then just add less water and cream.
2. Try these treats out on your friends. They’re a guaranteed hit at any Halloween bash.

The addicts’ weekly fix of T.V. soaps and scandals

1997 King Features Synd., Inc.

ALL MY CHILDREN:
Jake confirmed the pills Dimitri gave Edmund could cause him to act out in public. Brooke assures Laura of her continuing support. Meanwhile, Adam told Stuan he always thought Laura was trash. Jack and Erica shared a warm moment. Mateo fumed at Adam’s plan to send to TGA. Wait To See: Mateo uncovers the truth about the TGA crash.

ANOTHER WORLD:
Rather than expose Amanda, Matt took the blame for creating “Hadley” and devising the scheme to destroy Rachel and Carl’s marriage. Felicia fled the hospital after looking at her damaged face. She was robbed by a drug pusher and rescued by a homeless person. Shane told Vicky he still loves her. Grand warned Paulina not to reveal that Cindy gave her her diet pills. Alex vowed revenge on Carl for what hap pened to Felicia. Wait To See: Felicia faces a new crisis.

AS THE WORLD TURNS:
Barbara warned Hal to be wary of Carly, who later felt out Hal about fatherhood. Holden was upset that Molly planned to have an abortion. Lily suggested they adopt her baby. Lucinda gave David an ultimatum: Give up Emily or be cut out of her will. Nikki thwaned Carly’s plan to get Hal alone. Ben is confronted by his stalker. Wait To See: Lucinda gets disturbing news.

THE BOLD AND THE BEAUTIFUL:
James persuaded Maggie to sign an annulment agreement so that he could persuade Sheila to believe he loved her. Amber comformed Maggie that she’s soon have both James and the baby back with her. Brooke stunned Thorne when she told Taylor she had misinterpreted what she saw the night she found Ridge and Brooke together: Brooke and Ridge hadn’t had sex for ages! Meanwhile, Taylor left a message for Ridge at Forrester’s but Thorne found it and pocketed it before Ridge could see it. Wait To See: The flight to Italy produces mixed emotional reaction.

DAYS OF OUR LIVES:
Roman urged Eric not to tell Marlena his dying wish. Carrie was puzzled by her jealous reaction to seeing Mike and Debra dancing together. Kristen flipped as the poison dart toxin caused her to hallucinate that Hope was Marlena and asked her to make love to him. Susan opened her door to a ‘zombie’. T.C. was suspicious that Abby called the new guard, “Mommy.” Wait To See: Stefano tries to keep Hope from learning about Maison Blanche.

General Hospital:
Alexis feared Luke was getting close to the truth about Katherine and Stefan’s relationship. Carly was shaken when Bobbie confronted her about her baby’s due date. Alan schemed to get more pain pills. Elizabeth begged Sarah not to tell Audrey what she had done. Jax persuaded Brenda to spend time with Julia. Lornie told Felicia and Mac how much the doll meant to his late wife. Wait To See: Elizabeth is up to her old tricks again.

See Soaps, page 14
LIVING ARTS

Net
Continued from page 12

A great aspect of the Halloween Page is its cheap and easy costume ideas. All the disguises are inexpensive but do take some planning.

Study
Continued from page 13

the work. I would suggest taking at least one ten minute break per hour of studying. Another option for a study break is to watch television or exercise for half an hour. You will completely get your mind off your homework and think about something different. This provides an opportunity to begin fresh and new. This will also help you stay focused and awake. Another study tip would be to study some in the afternoon, instead of putting it all off until nighttime. This enables you to break up the work and not think about it all at once. I find studying very draining both physically and mentally, so I try to relax and deal with only one thing at a time. This makes the work seem less overwhelming and your goals more achievable. If you have more than one subject to study, be sure to alternate, so you don’t focus too heavily on one area and neglect the others.

Another option is to turn on soft music to help you focus and reduce your stress while studying. Group studying is also very beneficial because you are able to test each other and thus realize what it is that you know and don’t know. However, don’t make group study periods a set routine; you will regret it later.

Make sure that you find a place where you are able to study well for yourself, whether it be your room, the library, or some other quiet corner. It should be a place where you can be comfortable and relaxed. It must also have the volume level you require to concentrate on your work. Everyone has some place where they are able to work and each of us must strive to find that unique place for ourselves.

Try some of these study tips. Your grades can only improve.

Soaps
Continued from page 13

GUIDING LIGHT:
Michelle reminded Ed about his past mistakes when he tried to stop her from seeing Jesse. Still suffering from amnesia, Buzz sought out Nola as a refuge from an unfamiliar world. Seeing Harley’s heartbreak at losing her father again, Phillip decided to reach out to his little girl, Lizzie. Abby was shaken by an encounter with Roy. Wait To See: Reva reacts to Annie’s boast about finding her sister.

ONE LIFE TO LIVE:
Viki and Clint welcomed Joey home from Europe. Later, Joey and Dorian came face to face about their past. After learning Kelly had gone to see her mother, Melinda, Dorian asked her to bring Melinda back to Llanview. Tea accused Todd of still having feelings for Blair. An uninvited guest turned up at Viki’s dinner party. Wait To See:

Dorothy learns about Joey’s past.

PORT CHARLES:
After telling Lucy he’s moving out with Serena, Scott was arrested by the FBI for kid napping. Matt realized Chris was secretly undermining his (Matt’s) campaign to force Boardman to recommend him for a surgical residency. Jake was about to reveal Rex’s scheme to Scott, when Rex called with a warning. Later, Jake told what it is that the DNA tests proved Danielle and Dominique were sisters, which means Serena could be Danielle’s daughter. Wait To See: Scott is arraigned.

SUNSET BEACH:
Ben explained Meg he kept a portrait of Maria in his home to remind him not to let another woman hurt him as she did. Caitlin opened Cole’s safety deposit box and found the money. During the lie detector test, Gabi’s emotional state led her to believe she really had been raped. Virginia started a fire in the cabin as Michael and Vanessa became romantic. Wait To See: Olivia realizes she may not be able to keep Gregory from taking Caitlin’s baby.

THE YOUNG AND THE RESTLESS:
Cole charged Victoria with damaging their marriage by her long absence. Later, Ashley urged Cole to sort out his problems with Victoria before she (Ashley) could consider a relationship with him. Ryan was arrested for shooting Nina. Chris told Danny Brian could claim custody of Daniel if he learns he’s the real father. Michael urged Phyllis to go to New York to make sure of Brian’s silence. Dru worried about how Neil would react to learning she can’t have any more children. Millie’s long lost daughter, Alice, called her. Wait To See: (Veronica) sees an “opportunity.”

The last stop on our door-to-door trick-or-treat hunt was www.accessnv.com/halloween, otherwise known as the Halloween Mart. Besides alien collectibles, Star Trek memorabilia, and everything body parts, Halloween Mart has a huge selection of costumes for adults and children, including get-ups from Minnie Mouse to Friar Tuck. The Mart also has Christmas costumes and even costumes for your pets! And even though Halloween is tomorrow, Halloween Mart can ship you your chosen costume overnight, so you’ll be ready to go for a night of sweet treats, silly tricks, and just plain fun.

Horoscopes

AQUARIUS
Aquarius - You’ll have more time to spend with a romantic interest this week. Happy social developments are on the horizon as well. This weekend, pay attention when you’re behind the wheel.

ARIES
Aries - You may be signing an important contract in the near future. Distant matters prosper this week, but keep peace with the family over the weekend.

TAURUS
Taurus - You’ll have more money at your disposal soon. This week, you’ll be very productive on the job, but you’ll need to utilize tact with a difficult co-worker.

GEMINI
Gemini - A new cultural interest will fascinate you. Enjoy social visits this weekend, but avoid a romantic spat with that special someone.

CANCER
Cancer - The weeks just ahead bring major business developments. Don’t let weekend tension escalate into an argument.

SCORPIO
Scorpio - Chances improve your income and just around the corner. This weekend, you don’t see eye to eye with your mate.

SAGITTARIUS
Sagittarius - Your ability to communicate your ideas is tops this week. As a result, you reach important agreements. Use patience with loved ones, but enjoy social opportunities this weekend.

CAPRICORN
Capricorn - You’re not involved with the improvements for the most part this week. Persistence leads to a career success. Avoid squabbling about money over the weekend.
**Fear and loathing in Stockton: Trouble**

RYAN HARSCH
Pacifican Staff Writer

This happened awhile back. My good friend Lizardhands, who's in a rock-and-roll band, ran into a little trouble with some groupies. Well, actually just one groupie. Her name was Elpo. Elpo stalked Lizardhands for 40 days and 40 nights. And then, suddenly, it all ended.

It began innocently enough not quite at some seedy bar in Lodi.

Didn't CCR sing a sad song about being stuck in Lodi, again?

When I got there the groupies were seething, vicious, dirty. I found Lizardhands hiding in the bathroom, his back to the wall, escaping all this filthy madness until the time came in which he could get back on stage and let the music take him away.

I didn't have to say one word to me. I knew what was going down that night.

On my way out the door I was stopped by one of the groupies. She was short, shaped like an eccentric pear, with no shame.

“Are you with the band?” I turned my eyes on her, made myself look as demonic as possible.

“I am the band,” I growled insanely, and stepped out into the night.

I didn't know her name then, but I would a week later when she began showing up around Headquarters way too often. Back then the circle was tight, not expecting to be broken or penetrated by the arrival of some space-out groupie from the backwoods.

She was only around for a little more than a month, but that was enough. Because when Elpo began showing up on a daily basis, like twisted clockwork, things began to get slightly scandalous.

Rothwell, the Bass Player, had a confession for me one night when he was inebriated. He told me he had made it with Elpo four and a half times. I didn't ask him to explain why it was four and a half instead of five. I didn't even want to know.

Dirty Flynn, the Drummer, said he didn't do anything with her, but I knew he was lying. These two weren't

---

**Four stories high**

JONATHAN HIRSCHBEIN
Pacifican Staff Writer

Late night. Hours past the Spring season sleep.

“The quiet was soft with a tickling breeze and somewhere a child was eating toothpaste.

Old Nick and Sponser stood at the age of the edge angled balcony with the honey comb painted. Handrail worn and wise from being thankfully molested over the fast nights and years of self abuse and the need for assistance to stand.

“Just don’t have it in me anymore.” Old Nick spit to his own space and circle. “People expect me to be something all the time. To never be the ordinary. It wears me out. And there’s no worth in being an actor.”

“Yes, that’s a phase.” Sponser swallowed and prepared. “They come and go.” He spoke with urge flapping from his tongue. “Whoever told you that swallowing a shotgun was gonna fix anything?”

Old Nick leaned against the white chipped barrier that outlined the porch of which he stood on.4 STORIES HIGH and pulled from his cancer stick like any ordinary man sucking on death in advertisement fashion. Sponser dropped to a three-legged stool and folded to a slouch, swaying back and forth against the sliding glass door so the legs of the stool lifted in the air two at a time and his elbows poked at the glass in rhythmic nudges for the perfect nervous habit to disguise the tension in the air. He had slept in the bathtub only hours earlier and the remnants of a watered down bar of soap napped in his hair in shapes of clots and dissolving powder pools. Old Nick stared through nowhere eyes into the nowhere sky and pretended he didn’t feel anything.

“Besides,” Sponser stepped into the silence again, “you’re forgetting about those you’d leave behind.”

Old Nick threw his cancer stick to the pavement and spun his balance around to a perfect shapeshift of cynicism as he soaked into his pal’s reasons why it made more sense to stay. “You really don’t fucking

---

**Center of attention**

LARA ZAMANSKY
Pacifican Staff Writer

Guess who’s back in the spotlight after an absence that has been way too long? She is back, but this time her style that we all know and love has taken a bit of a turn. She has brought us past albums that have reminded us of the richness of life and how we need to take care of the children. But now, get ready to turn up the heat!!

That’s right, I’m talking about the one and only Miss Janet Jackson. She’s back in the spotlight and she is hotter than ever!!!

Janet’s new style shocked a lot of her fans with vivid hair color and funky hair styles. Sweet little Janet has new tattoos on her body to comply with her sexy look. Turn on MTV (channel 28 - most of our dorms) and watch Janet strut her funsous body in feather boas, leopard skin tops, and barely nothing vinyl bras as she grooves in her racy videos.

There’s no surprise for long-time Janet fans when they hear her new album “The Velvet Rope” has topped the charts and is securely resting in the number one spot and I believe that it will be there for a long time. The debut of Janet’s “The Velvet Rope” started when the radio station blasted in the popular tune “Got ‘Til I’m Gone.”

Th title song “Velvet Rope” is funny and unusual as it brings across a message that says we all in fact have the need to feel wanted and to be accepted, but that doesn’t necessarily mean we all to be the same. I love the way “Together Again” talks about how even though a person is gone, their spirit is still around and you are able to feel their presence inside of you.

Janet’s “The Velvet Rope” is definitely an album everyone should have. It is in the UOP bookstores so you don’t have to drive anywhere to get it.
Melissa Durkin
Pacific Staff Writer

It's a story about four teenagers during the in-between stages of high school graduation and adulthood. Sounds like a normal enough occurrence, but there is a major hitch to a smooth transition for these friends. On a summer night, after Helen (Sarah Michelle Gellar) wins the Croker Queen beauty contest, Helen, Barry (Ryan Phillippe), Julie (Jennifer Love Hewitt), and Ray (Freddie Prinze, Jr.) decide to take a celebration trip to the beach as sort of a farewell before they all leave for far away places. Helen and Ray are planning to go to New York while Julie and Barry are set for Boston. Helen wants to be an actress; Ray is an aspiring writer; Julie wants to attend a good college; Barry is going to be a star football player. The budding teenagers, full of their dreams and spirit, consummate their friendship and love for each other that night on the beach. Unfortunately, some of them also drank in alcohol.

Driving home, they choose to throw the body into the sea, clean off the blood (if that can really be done), and pretend like the night never happened. One year later, they are tortured by the deranged orchestration of an unknown party who bore witness to their murderous act. Acting like a conscience, this person sends threats to the kids because he "knows what they did last summer." In SCREAM-like style, the movie then is a series of twists, turns, and frights leaving the viewer utterly at a loss to who the stalker is. What makes this movie more powerful than just a B-rated thriller, though, is the psychological attempt it makes in the psyche of the teenager. Set in a dramatized episode, one can start to understand the difficulties in becoming an adult moving away from your familiar surroundings (town and friends) and being forced to make responsible decisions. This movie also creates the horror of keeping a secret. The external torment is an outburst of the internal one. But, don't forget that we are also dealing with a real-life psychotic punisher here, the Reaper in demented human form. So, remember, on this Halloween night, don't drink and drive. You never know who you could hurt and who could be watching!

Fear
Continued from page 15

making things anything better by pandering to a groupie, their hormones clenched tight in their hands. It's almost like giving food to a bear. If you feed her, she'll just keep coming back.

One day I showed up at Headquarters and walked into Lizardhands' strange dwelling. It was completely dark. Lizardhands and Rothwell were hiding, knowing that the beast was somewhere out there. "She's out there. I can smell her," he said.

This was going far too new. Elpo had written a short poem in Lizardhands' notebook about his eyes, and left it sitting on the radiator.

She called constantly. She was a born-again Christian. And so it goes. We all need fans. We all need lovers. But nobody needs groupies. I've seen too many already, and it can get ugly.

We love to be loved. But nobody loves to get stalked. Do writers have groupies, I wonder? God, I hope not. Long live rock and roll.

After some convincing, they choose to throw the body into the sea, clean off the blood (if that can really be done), and pretend like the night never happened. One year later, they are tortured by the deranged orchestration of an unknown party who bore witness to their murderous act. Acting like a conscience, this person sends threats to the kids because he "knows what they did last summer." In SCREAM-like style, the movie then is a series of twists, turns, and frights leaving the viewer utterly at a loss to who the stalker is. What makes this movie more powerful than just a B-rated thriller, though, is the psychological attempt it makes in the psyche of the teenager. Set in a dramatized episode, one can start to understand the difficulties in becoming an adult moving away from your familiar surroundings (town and friends) and being forced to make responsible decisions. This movie also creates the horror of keeping a secret. The external torment is an outburst of the internal one. But, don't forget that we are also dealing with a real-life psychotic punisher here, the Reaper in demented human form. So, remember, on this Halloween night, don't drink and drive. You never know who you could hurt and who could be watching!

Stories
Continued from page 15

Listen! His eyes were inches closer now and his voice shot up like a flare gun fuming red. "I'm not here for you! I've got to survive my own intensities before I provide for you. All I had was nerves! All I tasted was hate! But the worst part about this, is that now it doesn't feel like anything! Maybe I'm happy. Maybe actually being 'happy' just means feeling nothing. But I don't forget about the people I leave behind. If my intensities are gone, then I've got to worry about who's going to feed you, " Sponser tightened his eyes so the fear in form of tears wouldn't slip from the skin. He expanded his chest and pulled together his ground as he tried again to make it right. "There's still a better way," he said, "there's still a better way." The common plain where they might both rest and readjust.

"Don't you think we're carrying this breakfast-in-bed thing too far?"
"No way Georgia can get married again! She doesn't have room for another ring!"
"Well, I'm sure she'll have room for another ring!"
"They were married! Do you think they'll rekindle?"
"No! Don't you think we're carrying this breakfast-in-bed thing too far?"

Old Nick climbed back into the ring of his dirty halo and said unto Sponser, "You said unto Sponser, you couldn't go on without me if you tried."

With that remark, a born-again Christian blanketed his white cape with the washed optimism and blissful conviction of his "Great Defender of Life". Old Nick laughed from behind a smile and swallowed a relieving laughter from Sponser in exchange. They embraced for a moment and as they let go, STORIES DOWN.
Narfff!!!

Weather Forecast

TODAY
sunshine (Pacifican comes out) all day with starry night

Friday
cold in the morning, party, er...clear at night

Saturday
late sunrise (noon), hazy in afternoon, clear at night

Sunday
late sunrise (1pm), foggy in afternoon, stressed, er...stormy at night

Monday
frostbitten in morning, warmer in afternoon, clear night

Tuesday
chilly in morning, heating up in afternoon, tired, er...cloudy at night

Wednesday
sub-zero temperatures in morning, awake, er warm in afternoon, clear at night (anticipation of Soph Spot, er...Pacifican)

Dr. Alan Ray’s jokes

web site: http://www.telejoke.com

Dr. Alan Ray is a professor of Communications, who shares his sense of humor through the Pacifican and has a daily column in the L.A. Times

GORE
Al Gore will run for president in 2000. He’ll tout his duties in the White House. Each morning it’s his job to raise the American dollar.

STARBUCKS FARGO
Starbucks coffee will be sold in Wells Fargo banks. Of course, there’ll be the standard condiments that go in this line of java. Cream, sugar, low interest loans.

TRACK TURN
Amtrak workers have extended their strike deadline by seven days. They were scheduled to walk out at midnight Tuesday. But, true to form, they’re running a week behind.

SERIES WORLD
The World Series is here. When the announcer says “way back, way way back,” it can only mean one thing. He’s describing the line to the women’s rest room.

HALLOWEEN HAUNT
Halloween is near. Vampires lurking for blood are the most popular costumes this year. Every kid wants to dress up like an IRS agent.

CLINTON COMETH
President Clinton returns to the White House this weekend after a successful trip to South America. While in Bogota, he met with his Colombian counterpart. Juan Valdez.
Thursday, October 30

Human Services Training Westgate Management Center 8 a.m.

McGeorge School of Law 3+3 Presentation Program Presidents' Room 4 p.m.

Take Action Week Committee Clothesline Project for Sexual Assault Awareness McCaffrey Center Lounge 11 a.m.

ASUOP Afternoon Concert Series McCaffrey Center Stage 12 p.m.

Middle Eastern Student Association General Meeting WPC 122 12 p.m.

International Programs & Services General Meeting Bechtel Center 1 p.m.

School of International Studies Class: SOCI S3 Cultural Anthropology George Wilson Hall 3 p.m.

Men's Lacrosse Practice Brookside Field 4 p.m.

ASUOP Senate Meeting George Wilson Hall 7 p.m.

SHAC-Student Health Foundation Advisory Committee Weekly Meeting Private Dining Rm. McCaf. 7 p.m.

Friday, October 31

Pacifica Folkdancers Dance Class George Wilson Hall 8 p.m.

Human Resources Training Taylor Conference Room 9:30 a.m.

Take Action Week Committee Clothesline Project for Sexual Assault Awareness McCaffrey Center Lounge 11 a.m.

Pacific Athletic Foundation Women's Volleyball Hospitality Pacific Athletic Club 5:30 p.m.

Athletic Department UOP Women's Volleyball vs. UC Santa Barbara Spanos Center 7 p.m.

Athletic Department UOP Women's Volleyball vs. Brigham Young A.A. Stagg Stadium 7 p.m.

Men's Lacrosse Practice Brookside Field 4 p.m.

Classic Movie Series "Hold That Ghost" McCaffrey Center Theatre 8 p.m.

Saturday, November 1

CAPD/Library/Provost Learning Assessment Seminar/Workshop for Faculty Westgate Management Center & Weber Hall 111 9 a.m.

Athletic Department UOP Men's Water Polo vs. Pepperdine Kjeldsen Swimming Pool 12 p.m.
**Pacific Athletic Foundation**
Women's Volleyball Hospitality
Pacific Athletic Club
3:30 p.m.

**Athletic Department**
UOP Women's Volleyball vs. Cal Poly San Luis Obispo 
Spanos Center
7 p.m.

**Pacific Men's Lacrosse**
UOP vs. CSU Hayward 
Brookside Field
1 p.m.

**University of Pacific**
UOP Men's Water Polo vs. Air Force 
Kjeldsen Swimming Pool
12 p.m.

**Classic Movie Series**
"Hold That Ghost" 
McCaffrey Center Theatre
2 p.m.

**Tuesday, November 4**
**Human Resources**
Training 
Taylor Conference Room
8 a.m.

**Eberhardt School of Business**
Dean's Council Meeting 
Weber Hall 112
9:30 a.m.

**School of Pharmacy**
Pharmacy Showcase 1997 
School of Pharmacy
10:15 a.m.

**Tuesday World Forum**
Jon Strolle 
Associate Provost, Monterey Institute of International Studies 
"Language-Learning & Career Options"
Bechtel Center
12 p.m.

**Counseling Center**
"Lunch Bunch" 
Private Dining Rm. McCaf
12 p.m.

**Wednesday, November 5**
**Human Resources**
Training 
Taylor Conference Room
8 a.m.

**School of International Studies**
Studies 
Evening Classes 
George Wilson Hall
6 p.m.

**Conservatory of Music**
Rehearsal for Scott Wright & Joe Ford 
Morris Chapel
7 p.m.

**Art: Four Views**
The Pacific Experience 1997 
"Observations from the Landscape: Plein Air Painting" 
Albright Auditorium in WPC
3:30 p.m.
946-2424
Admissions
Staff Meetings
McCaffrey Center Conf.
Rm.
9 a.m.

Men's Lacrosse
Practice
Brookside Field
4 p.m.

Communication
Department
Forensics Business Meeting
McCaffrey Center Theatre
4:30 p.m.

Pacific Italian
Alliance/Conservatory
Italian Guitarist, Emmanuel
Serge
Recital Hall
7:30 p.m.

School of
International Studies
Evening Classes
George Wilson Hall
6 p.m.

For Rent/For Sale
MUST SELL Est. route guarantee. $1000/wk. potential.
$4,995 investment. 800-576-2725 call 24 hours.

Help Wanted
General Office/MGR Trainees. No exp. reqd. -Will train
FT/PT, start immediately. If not earning $650/wk. Call (209)
951-6833.

Wanted
Wanted-used TV with VCR, willing to bargain. Please call
Alex 946-2114.

For Your Information
November at the Haggin Museum is an exiting month.
Come see the collection of Leica cameras Sunday, Nov. 23.
Jan. 25, 1998, classical guitarist Daniel Weston Morton. 3:00pm
Saturday, Nov. 22, San Joaquin: River of Spirit photography
display through Nov. 9, and much more! For additional info.
regarding these or other Haggin Museum events contact
Kimberly Braddock at (209) 462-1566. Museum open Tues-
Sun. 1:30 to 5:00pm. It is located at Victory Park, 1201 N.
Pershing Ave.
We need classified ads at the Pacifican! If you have some-
thing to sell or rent, are looking for something to buy, or need
some help, we can advertise for you - very cheap! Call Laura
at 946-2114.

Classifieds
Month-Long
Italian Film Festival
Scheduled At UOP

University of the Pacific is hosting its second Italian Film Festival Tuesday evenings, Oct. 21 through Nov. 11, at 7 p.m. in Albright Auditorium, Wendell Phillips Center. Sponsored by the Pacific Italian Alliance and College of the Pacific's film studies department, "the four films represent Italy through region and history, with historical and geographical variation," said COP Dean Robert Benedetti.

Assessment
continued from page, 3

need to focus on how the instructor's learning techniques are affecting student's learning and what mechanisms are being used throughout the course of a semester.

"There needs to be several types of strategies that professors can use to determine how to enhance the learning process," said Mayne.

The workshop is co-sponsored by the committee for Academic Planning and Development, the University Library and the Office of the Assistant Provost.

Connections
continued from page 3

"The program focuses on both personal and professional development."

CONNECTIONS is a video-based program from the Noel-Levitin Centers, the National Center for Staff Development and Education. This program is designed to focus on the individual, providing improvement in communication skills, self-esteem, problem solving, and organizational skills for faculty, supervisory staff, and non-scientific staff.

The CONNECTIONS program first made its official debut in a letter from President Donald DeRosa, who informed all members of the University community that "participants will focus on the ways that faculty, staff, students, and offices work together to provide service." The Department of Human Resources released a follow-up memorandum issuing a call for trainers from all areas of the university to participate in this quality service program.

The CONNECTIONS program guarantees success through the use of training videos, teaching manuals, participant books, workshops, and discussions.

"The program begins this week and will continue through December. Meeting the needs of the students on campus is very important to us," said Coleman.

On Oct. 21, Federico Fellini's "La Dolce Vita" will be shown.

Showing Nov. 4, Visconti's "The Leopard" is set in Sicily in the 1860s.

The final film, to be shown Nov. 11, is Francesco Rosi's "Christ Stopped in Eboli."

Admission is free to all Pacific Italian Alliance members, with a suggested donation of $5 for non-members. Light refreshments will be served.

"My role in promoting this assessment workshop is to position the library as an important support structure for faculty and students," said Jean Purnell, Dean of Libraries, "and in particular, to assist faculty in developing their skills, whether it be in the classroom or research venue."

The library wants to take a leadership role in being a support structure for instructors and to help promote development programs such as this one, said Purnell.

Call ext. 2166 to reserve a space for this faculty development event.

CONNECTIONS is a "tool that can be used to enhance the learning process," said Mayne.

"The program focuses on both personal and professional development."
Intramural Update

Joe LEBEL
Pacifican Guest Writer

Phi Delta Theta Sweeps Mens Titles, Aloha Again...

In the IM World Cup, by far the largest crowds of the ISOC season witnessed four great championship games.

The Co-Rec Championship was played on Monday night, with PT2B upsetting Rx 3-2. PT2B used two second-half goals to capture the title.

On Championship Night, Tuesday, the Mens' B game between Phi Delta Theta and Alpha Kappa Lambda set the tone for the evening. AKL had no substitutes and played Phi Delta to a 1-1 tie through regulation. After the 5-minute overtime the two teams were still notched at 1 goal apiece. By this time the teams for the next game had arrived, so there was about 200 people in Main Gym. To those of you who were at Midnight Madness, you know how loud this building can get. Some controversy arose in the shootout, as the officials mistakenly awarded Phi Delta Theta the title before AKL had taken all their shots. The shootout was resumed Phi Delta Theta prevailed 4-2. Sorry for the mixup fellas, but thanks for your cooperation to reconcile the matter and for an outstanding championship!

Immediately following was the Mens' A final between Phi Delta Theta and Norml.

Noah Gold-Jacobsen appeared to score the opening goal off an errant throw by Andy Snider, Norml's keeper, yet received a yellow card for his efforts. Gold-Jacobsen temporarily mistook ISOC for JOball and threw the ball in the goal. He shortly thereafter made up for his mistake with the game's first goal and the only goal of the half. Phi Delta Theta kept up the offensive pressure and utilized an excellent defense to keep Norml in their own end for most of the match. Norml had several chances to get on the scoreboard, but a few bad bounces and excellent goalkeeping by J.O. Brosnan maintained the shutout. Aaron York, Mike Jensen, and Jeff Sherman added second-half goals to capture the championship.

In the final ISOC game of 1997, Jessie B. used two first half goals by Christie Pearce and Hamood Almahruqi to take a 2-1 halftime advantage over Makai. But in the second half, Brad Oshu (Ot Flag Football champion Hanapa'a Hui) scored two quick goals to put Hawaii up 3-2. Almahruqi answered right back to tie the score, but then Hawaii's Kris Kawamoto scored two of her three goals, and assisted on two others, one to Chinh Chin and one to Bryce Mayahara, as Makai wrapped up Hawaii's second championship of the fall 7-3. Thanks to Jessie B. and Hawaii for their continued participation in Intramurals.

Volleyball commences... IM volleyball began its season this week. Turnout for volleyball was amazing with 36 teams competing in 6 leagues.

Upcoming Events...
IM SuperBowl A between Physical Therapy and Archonlia on Nov. 3 in Amo Stages Stadum... Intramural Bowling entries close on Wednesday Nov. 5 with play beginning on the 7th... The annual 3x3 basketball tournament begins on Wednesday Nov. 12, and crowns its champions on the 15th.

We are looking for basketball officials for upcoming tournaments. Contact IM office at 946-2716.
Tigers in Big West Tourney

DANA VASQUEZ
Pacifican Staff Writer

DENTON, TEXAS - The Pacific women's soccer team went on an impressive romp through the Lone Star state this weekend. Securing the second seed in the Big West Tourney and breaking a team record for wins in a single season (12). The wins came in spite of cold and wet conditions that caused doubt whether the games would even be played.

On Friday the Tigers took on the rain soaked North Texas Lady Eagles in a critical Big West showdown. A win for either team would secure a place in the Big West Conference championship tournament, and a loss would almost surely spell disaster and no trip to the tournament.

Golden Eagles looked to a tough opponent, the Tiger's quicklyashed away any hopes they had with an impressive 4-1 victory, with wind gusts of up to 25 miles per hour and the temperature in the low 50's. Both teams struggled to play their best soccer, and in close fought game the tigers once again prevailed 2-1. Pacific's goals were scored by Jamee Lucchesi and Michelle Gardner.

"It was extremely difficult to play with any real rhythm today, but somehow we pulled it together when we needed to and got the win. I was really happy with the effort and plat of the entire team," said head coach Keith Coleman.

The wins improve the team's overall record to 12-5 on the season and 4-2 in Big West-play. The Tigers finish the 1997 regular season this weekend with games Friday night at 7 p.m. vs. 21st ranked BYU and Sunday at noon vs. Sacramento State.

Down, but not out!
Brian Basye, left, and the rest of the Tiger waterpolo team fell to the fifth-ranked UCLA Bruins 10-3 last weekend in sunny Southern California.

C's Corner
C. COLTON
Pacifican Sports Editor

V-ball on the rebound
After a disappointing loss to the Sac State Hornets (I'm still floored over that one), the women's volleyball squad got some road W's last weekend at Nevada and Utah State. I think this is a potential final four team if they play together and with heart...

Halloween at Spanos
Show up in your costume this Friday when the volleyball team takes on UCSD at the Spanos Center. Not only should it be a great game against the No. 7 Gauchos, but there will be prizes given out to the most creative costumes. Someone should dress up as Thor Harrison, former assistant strength and conditioning coach at UOP (now teaching English at Escalon High). That would really scare the kids!

The clincher
The UOP women's soccer team has clinched a spot in the Big West playoffs and also set the school record for most wins in a season (12). They will be in action Halloween night at A.A. Stagg Memorial Stadium (7 p.m.) against No. 21 BYU. This year's team will more than likely finish the season as the best ever in Pacific history and should challenge for NCAA playoffs.

Hey fans in the stands
Mike Klocke of the Record wrote last week that more UOP students need to turn out to men's basketball games this season to really give the Tigers a home court advantage at the Spanos Center. I couldn't agree more with this statement but I have an addendum to it. Men's basketball is not the only sport at Pacific. More students need to turn out to all UOP home sporting events. All you cheap-o's need to find a new excuse because students get into all home games free...

What about us?
With all the 49er hoopla last week, did anyone remember that there is still no UOP football team? With all kinds of improvements going on here in preparation for the Niners, there is certainly a good chance the football program could be revived. It might be a few more years until they actually suit up. As far as I know, no one is doing anything about bringing the team back. Pesky Bruins
Is what the UOP men's water polo team is thinking after being defeated by UCLA 10-3 last Sunday in the City of Angels. It was the second time this season the Tigers fell to the Bruins...

Hoop Tourney at Phi Delt
Phi Delta Theta held a successful "streetball" tournament last weekend out at the Townhouse blacktops. The best part was, there were no fights...

Professionalism at its highest
To the athletes I criticized in last week's column: Don't take it personal! However, if an athlete refuses to grant an interview request (without reason) I will write about it in my column. As for those that questioned my professionalism after Midnight Madness in asking for quotes, I highly doubt I would have been granted quotes from coaches Melissa Taketa, Bob Thomason, and players Adam Jacobsen, Jason Williams and Jenn Olsen if I was unprofessional.
First-year coach struggles with classic "club mentality"

MIKE PHILLIPS  
Pacifican Staff Writer

Coach Randy Hale is the first-year cross country coach here at UOP. When he was chosen for the job late in the Summer, he knew he would be joining a team that had somewhat of a "club mentality". According to him, this is all going to change next year. He is using this year as a rebuilding period for what the team will hopefully be next year. Next year he hopes to bring the team more together, which will include a regular schedule of practices. The potential is definitely there, but the members need to come together and focus on the team. The key to next season's success could possibly be Freshman Cindy Barnes. She is very dedicated to the team and is willing to do whatever it takes to help the team.

"It's been a great year, but we were not able to achieve our full potential due to a number of individuals," said Barnes. One of the runners referred to is Elizabeth Winston. She is one of the top runners on the team, but was unable to attend the Bronco Invitational on Oct. 18.

The team still finished sixth, with the help of Barnes. This team is on the rise and will be a force to be reckoned with next season. The hope of coach Hale and the entire team is to reach regionals next year. The team has the talent, and with the support of the students, could make it.

This Week in Sports

Thursday Oct. 30
No events scheduled

Halloween
Friday October 31
Women's Soccer: vs. Brigham Young, 7:00 p.m. (Amos Alonzo Stagg Memorial Stadium)

Saturday Nov. 1
Memorial Stadium)
Women's Volleyball: vs. UC Santa Barbara, 7:00 p.m. (Alex G. Spanos Center)

Women's Tennis: Dog Classic, All Day (Fresno, CA)

Field Hockey: at UC Davis, 1:00 p.m.

Women's Volleyball: vs. Cal Poly SLO, 7:00 p.m. (Alex G. Spanos Center)

Halloween
Friday October 31

Women's Soccer: vs. Brigham Young, 7:00 p.m. (Amos Alonzo Stagg Memorial Stadium)

Saturday Nov. 1
Memorial Stadium)
Women's Volleyball: vs. UC Santa Barbara, 7:00 p.m. (Alex G. Spanos Center)

Women's Tennis: Dog Classic, All Day (Fresno, CA)

Field Hockey: at UC Davis, 1:00 p.m.

Women's Volleyball: vs. Cal Poly SLO, 7:00 p.m. (Alex G. Spanos Center)

Sunday Nov. 2

Sacramento State, Noon (Amos Alonzo Stagg Memorial Stadium)

Men's Water Polo vs. Air Force, Noon (Chris Kjeldsen Pool)

Women's Tennis: Dog Classic, All Day (Fresno, CA)

Cross Country: Big West Conference Championships, TBA (Fullerton, CA)

Women's Soccer: vs.

Wear your scariest costumes to Friday night's volleyball game!