



# **The Action Guide**

**May 17, 2000**

# TRI-VALLEY

- TROPHIES
- SPORTSWEAR
- PROMOTIONAL ITEMS

**YOUR COMPLETE RECOGNITION STORE!**

## Advertising Specialties

- Printed Items •
- Wine Glasses, Mugs, etc. •

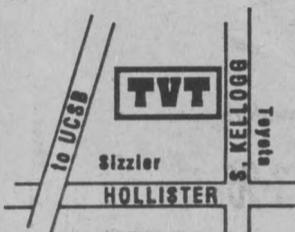


## Custom Screen Printing

- T-Shirts, Jackets, Hats, Uniforms, Equipment Bags •

## Complete Awards Service

- Expert Engraving •
- On Paddles, Glass, Silver •



**330 S. Kellogg Ave.  
Goleta • Calif.**

**967-2215**

## Never Been Done, But Want To Do...

Here's a list of things to do to get a little more action into your life.

- \* change your attitude
- \* exercise
- \* skydive
- \* play a new sport
- \* sunbathe naked
- \* learn to salsa dance
- \* spontaneously kiss a stranger
- \* cook something from scratch
- \* actually wake up for your 8 a.m. class
- \* learn how to gamble
- \* talk to your crush
- \* tell a joke you made up
- \* confront someone you can't stand

These actions may not necessarily change your life, but you'll feel damn good after you do them.

## WE BUY AND SELL USED AND NEW SPORTS EQUIPMENT

NOW IN OUR 6th YEAR



WE ALSO RENT

- In-Line Skates
- Water Sports
- Golf
- Hockey
- Exercise Equipment
- Baseball/Softball
- Skis/Showboards
- Camping Gear
- Soccer
- Skateboards
- Bicycles
- Tennis

AND MUCH MORE

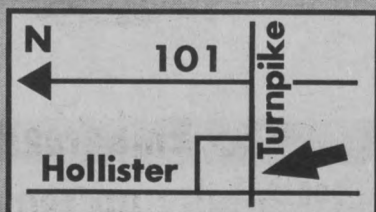
**ALWAYS BUYING QUALITY USED SPORTS EQUIPMENT**

**TOP \$ PAID  
COME IN TODAY  
OPEN 7 DAYS**

**TRADE IN YOUR USED EQUIPMENT AND TRADE UP**

WE CARRY INNOVA GOLF DISC

MAJOR CREDIT CARDS ACCEPTED



TURNPIKE SHOPPING CENTER • 4850 HOLLISTER AVE., SANTA BARBARA  
**967-9889**

## ALEX'S CANTINA

**FIESTA FRIDAYS**

**5 P.M. - 8 P.M.**

**\*ALL U CAN DRINK**

**- MARGARITAS**

**- DRAFT OF THE DAY**

**\*ALL YOU CAN EAT**




**ALEX'S FAMOUS TACOS**

**\*FREE COVER FOR DANCE PARTY**

**\$5.95/PERSON**

DANCING AFTER 7:00 PM

5218 HOLLISTER AVE. (805) 688-2577

<b>Day</b> 	<b>&amp; Night</b> 	<b>Action</b>
Events for both ...		
Day	and	Night
Check out the S.B. Mission. Buy a new outfit. Don't watch TV. Sing. Peoplewatch. Rent a bike at the pier. Go to class. Have sex. Hike to Redrock. Skip class. Go to the zoo. Sleep.		Eat out. Wear a new outfit. Don't watch TV. Dance. Peoplewatch. Hold eye-contact. Approach. Have sex. Watch a movie. Laugh. Paint or draw. Sleep.
		

EVERY THURSDAY • 6:30-CLOSE  
**COLLEGE & LOCALS**  
 NIGHT  
**95**

ALL WELL SHOTS and COCKTAILS  
 LIVE D.J. & DANCING!  
 (reg. \$2.50) All Domestic Draft Pints of Beer  
 (reg. \$3.75)

\*MUST HAVE VALID COLLEGE or LOCALS I.D. to GET DRINK SPECIALS.  
**Aloha Sharkeez**  
 EAT DRINK SURF [www.sharkeez.com](http://www.sharkeez.com)

416 State st. • Santa Barbara • 963-9680



**Free Delivery!**  
**968-8272**  
 (U. C. S. B.)

**OPEN** SUN-THUR 11am - 1am  
 FRI-SAT 11am - 3am  
 955 EMBARCADERO DEL MAR

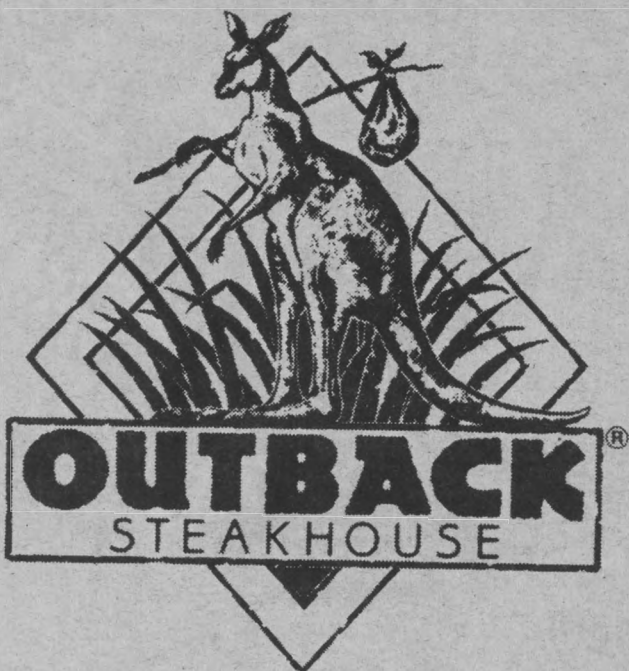





**THIS WEEK ONLY**  
 May 15-21  
**LARGE PEPPERONI**  
**\$5.99**  
 + tax

955 Embarcadero Del Mar  
 \$8<sup>00</sup> Minimum required for delivery  
 No limit

# G'DAY GRADS MAKE IT A NO WORRIES GRADUATION CLASS OF '00



We will be open at **NOON** Saturday and Sunday of Graduation Weekend to help you celebrate. We are NOW taking Party Reservations for 10 or more!  
**964.0599**

Congrats!

## Tattoo

## Action

Body Art: A way to express yourself. Read about a personal experience.



Photo by Jason Schock

A Bohemian lion tattoo on Jon's left shoulder.

Preparing to get my tattoo was more of a mind-numbing experience as opposed to anticipatory excitement. I have always known that I would eventually get inked; the problem was getting over my fear of needles. Sometimes I can be a pure chicken when it comes to potential pain. I went with my best friend two days after our high school graduation to get his, and I think the event was more traumatizing to me than to him. Even with this looming fear, I planned to eventually get up the nerve to prepare myself for the experience. It ended up being planned for the Monday during this past Spring Break. I had spent hours on the computer getting information on proper care, spent a few hours going to different shops to check them out and watch the experience first hand. I had planned on going with one friend who eventually backed out, and the last person I would have imagined taking ended up being my support team there: my mother. I showed up 20 minutes before my appointment and found a large audience awaiting my agony. They were people off the street who had the same crazy desire to have their bodies inked. The design that I chose is a historical symbol of my ancestors. It is the Bohemian lion, which symbolized the region of Bohemia now encompassed by the western half of the Czech Republic. I settled with just the outline because it looked more classy, and I really did not want the red or yellow coloring from the original design. The one-hour ordeal was much less painful than I had originally imagined, and sucking on Jolly Ranchers became my world for that period of time. It actually seemed fun, and the fact that my mother felt patriotic and got the same tattoo (but smaller) right after me, seemed to make the event much more memorable. So whether you are just curious or strongly interested, stop by your nearest tattoo shop and bring your mother along - you never know what stories you might take from it.

By Jonathan Groveman

THE NEW

# Gaucha Deli & Cafe

At the UCen, Main Level

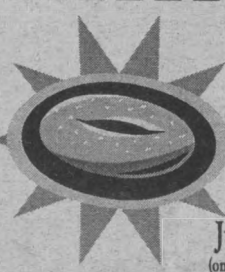
DELIVERY AND CATERING\*

## NOW SERVING BREAKFAST

On Wednesdays from 8 a.m. - 11 a.m.

- EGGS • BAGELS
- COFFEE • JUICE
- CROISSANTS
- OMELETTES
- COUNTRY POTATOES

\*catering in conjunction with and approval of UCen catering



**FREE BAGEL**

Valid from 8 a.m. - 11 a.m.

Just ask with a smile. No purchase necessary. (one per customer)

**Gaucha Deli 968-5878**

# WILDCAT

red booths ▲ phat grooves ▲ strong drinks

**\$ 250**

before 11pm  
Tues. & Thurs.

- ▶ All Well Cocktails
- ▶ Sierra Pints
- ▶ Wildcat Iced Teas (Made w/ Red Bull)



TONIGHT

plus-- "The Best DJ's in SB"  
wozent 7pe hit nrg soul - AND -  
special guests - seriously, we mean **SPECIAL**

15 w ortega ▼ 962.7970

# Voted UCSB's "Best Sports Grill!"



Now featuring:

**\$2<sup>00</sup>** Appetizers + 2 for 1 Steaks + 2 for 1 Schooners + Free Peanuts = Great place to EAT & watch the game

# Voted UCSB's "Best

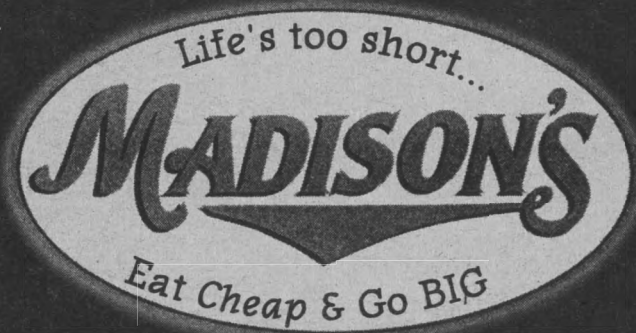
# HAPPY HOUR!"



7 Nights A Week!

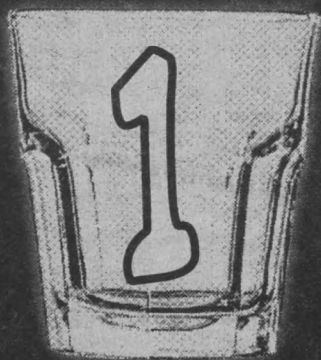
**Every Day 9 p.m. - 11 p.m.**

Newly-Extended Hours!  
(formally 10pm-11pm)

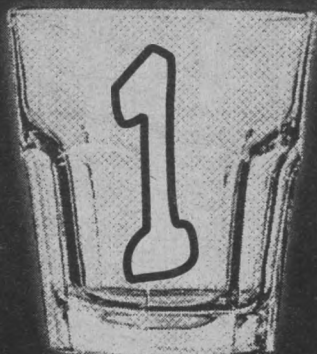


GO BIG!!  
Home of the  
U-CALL-IT  
20oz Schooner

*and longer*  
"Because Bigger is Better"



+



=



\*By law, we can't call it 2 for 1 drinks...  
So you'll have to do the math.

# Voted "Best STEAK SPECIAL!"



Your Choice!

**10oz.**

Bourbon Strip Steak  
or  
The Madison Steak  
or  
Black and Blue Special

+ Grilled Corn on the Cob

+ Spicy Waffle Fries

+ Dinner Roll

= About \$6<sup>00</sup>  
Per Person  
available  
every day  
4p.m. - 8p.m.



"Your home for Cheap Steaks,  
Big Drinks & Late-Night Fun!"

Go Lakers!

525 State Street, Downtown Santa Barbara

Job	Action	So, you're a graduating senior about to walk the plank and dive into the real world. It's scary that graduation day is going to come whether you are prepared or not. If you plan to travel, great. If you plan to go straight into graduate school, I'm impressed. But for those of you who have been or are in the process of getting a job right after school, here's some helpful advice.																		
<b>Top Salary Ranges with Bachelor's Degree</b> <table border="1"> <tr><td>Business: Management Information Systems</td><td>\$\$\$ 34,000-47,000</td></tr> <tr><td>Communication: Journalism/Advertising</td><td>18,000-36,000</td></tr> <tr><td>Education: Elementary Education</td><td>20,500-31,253</td></tr> <tr><td>Humanities: Political Science</td><td>20,000-40,000</td></tr> <tr><td>Engineering: Technology</td><td>25,000-50,000</td></tr> <tr><td>Agriculture &amp; Natural Resources: Agribusiness</td><td>22,000-35,000</td></tr> <tr><td>Computer Science: Computers</td><td>35,000-52,000</td></tr> <tr><td>Health Science: Pharmacy</td><td>47,000-70,000</td></tr> <tr><td>Science: Mathematics</td><td>25,119-48,000</td></tr> </table>		Business: Management Information Systems	\$\$\$ 34,000-47,000	Communication: Journalism/Advertising	18,000-36,000	Education: Elementary Education	20,500-31,253	Humanities: Political Science	20,000-40,000	Engineering: Technology	25,000-50,000	Agriculture & Natural Resources: Agribusiness	22,000-35,000	Computer Science: Computers	35,000-52,000	Health Science: Pharmacy	47,000-70,000	Science: Mathematics	25,119-48,000	
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<p align="center"><b>Job Panic?</b></p> <p>Go to Counseling and Career Services Office 805.893.4411 career.ucsb.edu</p>	<p align="center"><b>Top 10 Personal Characteristics Employers Seek in Job Candidates</b></p> <ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Work experience</li> <li>3. Motivation/Initiative</li> <li>4. Teamwork skills</li> <li>5. Leadership abilities</li> <li>6. GPA/Academic credentials</li> <li>7. Technical skills</li> <li>8. Interpersonal skills</li> <li>9. Analytical skills</li> <li>10. Ethics</li> </ol>																			
<p align="center"><b>2000 Technical Preparation</b></p> <p>Put your resume online. Search for careers online (check out jobtrak.com and careers.yahoo.com). Develop a personal web site. Learn computer programs that will impress potential employers. Get a professional e-mail account (Employers won't take you seriously if your e-mail address is sexkitten@...)</p>																				
<p><b>Twelve Steps To First-Year Success</b>                      1. Adopt the right attitudes. 2. Adjust your expectations. 3. Master breaking-in skills. 4. Manage the impressions you make. 5. Build effective relationships. 6. Become a good follower. 7. Understand your organization's culture. 8. Develop organizational savvy. 9. Understand your new-hire role. 10. Develop work savvy. 11. Master the tasks of your job. 12. Acquire the knowledge, skills and abilities you need.</p>																				
<p align="center">Source: <i>Planning Job Choices 2000 Magazine</i> National Association of Colleges and Employers</p>																				

**ISLA VISTA SURF COMPANY**  
805.968.1145  
901 embarcadero del norte  
mon - sat 10-7 sun 11-6

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SPITFIRE • BLACK LABEL • EXPEDITION • RHYTHM  
MATTMOORE • PROGRESSIVE • LOST • GLASSAIRE  
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6545 trigo road  
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*Congratulations UCSB Men's Soccer on your KAPPA Sponsorship!*

*10% off! Non-Sale Items! Just Mention This Ad!*

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**Action Soccer USA**  
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**FREE T-SHIRT WITH PURCHASE OVER \$50<sup>00</sup>**

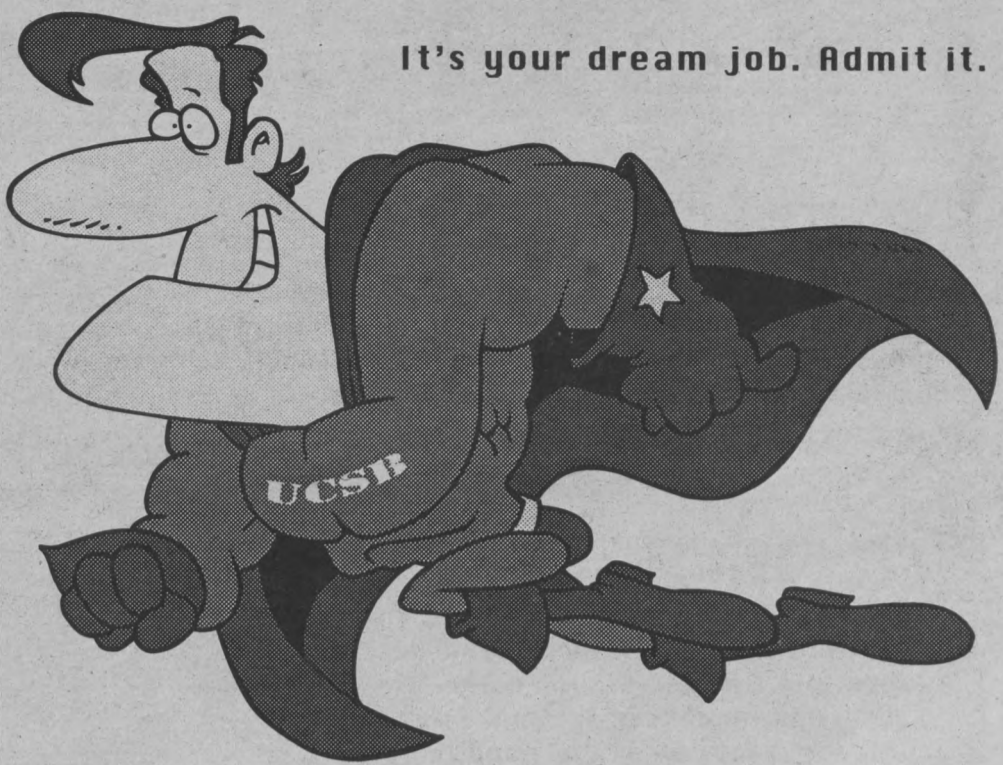
**270 STORKE RD 685-0055**  
Mon-Fri 10-7pm Sat 9-6pm Sun 9-3pm

How To Be An Action Hero.

LIST OF NECESSITIES

- Spandex costume.
- Fast car.
- Beautiful woman in similar costume.
- Sidekick.
- Flashy name.
- Cool weapon.
- Secret headquarters.
- Ugly enemy.
- Plastic action figure.
- Super-human strength.
- Loyal followers.
- Saturday-morning cartoon.
- A weakness. (Think Kryptonite.)
- Charismatic personality.
- Alter-ego.



It's your dream job. Admit it.

Rejected Action Hero Catch Phrases

"A little song, a little dance, a little can of Whoop-Ass down your pants."

"Yippie Ki Yay, I win!"

"Meet your new friend, asphalt."

"You're going to want to put some ice on that."

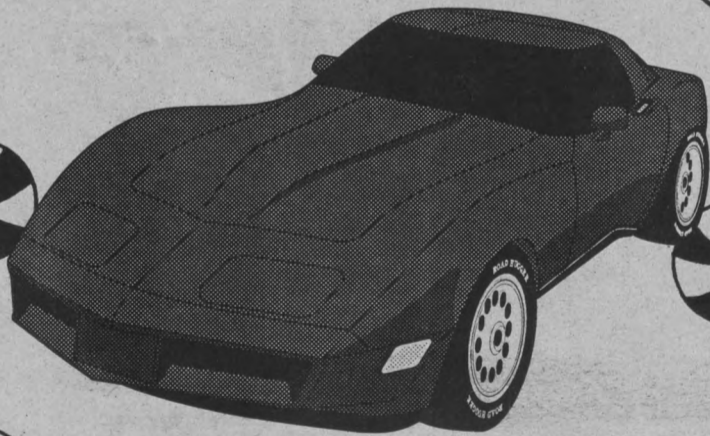
"Where do you want to hurt today?"

"Kiss my latex boot."

"I know who you are, punk, but what am I?"

some quotes from: www.pbbt.com and Danielle Franz

Isla Vista CARWASH



Best Kept Secret in Isla Vista

- Self-Serve Bays & Vacuums
- Softwater & Spot-Free Rinse
- Open 7 Days a Week, 24 Hours a Day

6584 Madrid, I.V. Behind Mac's Market

Since 1984

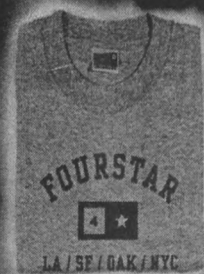


Shoes

Skate



More



537 State 962.2526

Just another Day in Paradise!

**Cocktail Action**

You've seen the movie "Cocktail." Tom Cruise mixes drinks and women swoon. Knowing how to make a cocktail gets you attention and is sexy. Here's a couple basic cocktails that will create a good impression.

**Dry Martini**

Four parts gin to one part dry vermouth. Pour three ounces of gin and three-quarters of an ounce of vermouth into a shaker, and stir for 30 seconds. Don't shake. Let the ice melt a little. Strain into chilled, stemmed glass. Include an olive, or onion and complete with a slice of lemon peel.

**Bloody Mary**

Put a lot of ice into an old-fashioned glass. Add a shake of regular salt, three or four shakes of black pepper and five or six shakes of celery salt. Include one dash of Tabasco and a dash of worcestershire sauce. Add two ounces of vodka and fill with about four ounces of good tomato juice. Stir. Add a lemon wedge or celery stick. Great drink for the morning.

**Daiquiri**

Pour two ounces of light rum and the juice of half a lime into a shaker with ice. Add a teaspoon of bar sugar. Add a half-ounce of simple syrup. Shake and serve in a stemmed glass with a lime wedge.

**Margarita**

Coat rim of stemmed glass with coarse salt. Combine two ounces of tequila, one and a half ounces of key lime juice and a half -ounce of Cointreau or triple sec. Shake with a generous amount of ice. Strain into glass.

**Sex on the Beach**

Half-fill a glass with cranberry and grapefruit juice. Then pour in one ounce vodka and three fourth ounce Peach Schnapps. Stir. If you want, decorate with paper umbrella. Offer it to someone you think is cute. "Ummm...would you like a Sex on the Beach?"

**Long Island Ice Tea**

Mix the following ingredients in a glass: half ounce vodka, half-ounce tequila, half-ounce light rum, half-ounce gin and one dash of Coca-Cola. Spritz with lemon and squeeze lemon wedge on rim of glass.

**Mai Tai**

Shake the following ingredients with ice. One ounce light rum, half-ounce Orgeat syrup, half-ounce triple sec, one and half ounces sweet and sour. After mixing, strain into glass over ice. Top with a cherry or two.

**Nutritional Supplement Outlet Store**  
**Supplement Direct**  
 Santa Barbara's only full-service Discount Nutritional Supplement Store



**Save 30%-80% Everyday on name brands like:**  
 EAS • MUSCLETECH • TWINLAB • SPORTPHARMA  
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 NOW FOODS

**WE CARRY OVER 450 BRANDS  
 AND OVER 14,000 ITEMS**

**LOWEST PRICES IN THE WORLD!!!**  
**683-5854**  
 4141 Unit E5 State St.  
 Take the State St. Exit,  
 we're in the El Mercado Plaza.  
**Mon-Fri 11-6 Sat 11-4**  
 check us out online at [www.supplementdirect.com](http://www.supplementdirect.com)

TRY A NEW SCENE THIS THURSDAY NIGHT AT



**Mardi Gras Bash**

GET A PAIR OF BEADS WHEN YOU BUY A DRINK!

**\$1 Well Drinks**  
**\$1 Bud & MGD Drafts**  
**\$3 Talls:**  
 -Long Islands  
 -Margaritas

**ALL NIGHT LONG!**  
 DOORS OPEN AT 8PM

free masks at door      costumes not required but encouraged      no cover

634 STATE      805.564.1009



**Lights, Camera Action**

Ahh!  
This summer's movies. There's more "Red Light! Green Light!" "Shaft"...*shut yo' mouth*, and of course fighting and drama. Here's a list of new and upcoming action films.

**May**

- "Gladiator" \*Russell Crowe, Joaquin Phoenix\*
- "M:I-2" (Mission: Impossible 2) \*Tom Cruise, Anthony Hopkins\*
- "Battlefield Earth" \*John Travolta, Forest Whitaker\*
- "Shanghai Noon" \*Jackie Chan, Lucy Liu\*

**June**

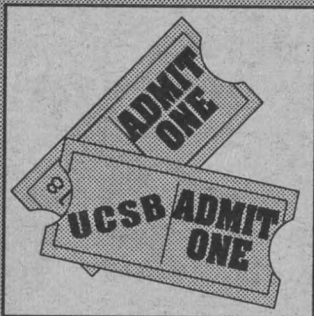
- "The Perfect Storm" \*George Clooney, Mark Wahlberg\*
- "The Patriot" \*Mel Gibson, Heath Ledger\*
- "Shaft" \*Samuel L. Jackson, Vanessa Williams\*
- "Gone in Sixty Seconds" \*Nicolas Cage, Angelina Jolie\*

**July**

- "X-Men" \*Hugh Jackman, Patrick Stewart\*
- "The Hollow Man" \*Kevin Bacon, Elisabeth Shue\*

**August**

- "Bait" \*Jamie Foxx, Doug Hutchinson\*
- "Cecil B. Demented" \*Melanie Griffith, Stephen Dorff\*
- "Impostor" \*Gary Sinise, Madeleine Stowe\*



# LSAT

**Course 320, Preparation for the Oct. 7 LSAT**

Test 1	Sat., June 17	9:00am	Read. Comp. 3	Tues., July 11	6:00pm
Games 1	Sun., June 18	6:00pm	Games 4	Thurs., July 13	6:00pm
Arguments 1	Tues., June 20	6:00pm	Test 3	Sat., July 15	9:00am
Read. Comp. 1	Thurs., June 22	6:00pm	Arguments 4	Tues., July 18	6:00pm
Games 2	Sun., June 25	6:00pm	Read. Comp. 4	Thurs., July 20	6:00pm
Arguments 2	Tues., June 27	6:00pm	Test 4	Sat., July 22	9:00am
Read. Comp. 2	Thurs., June 29	6:00pm	Pacing Strategy	Tues., July 25	6:00pm
Games 3	Sun., July 2	6:00pm	Pacing Strategy	Thurs., July 27	6:00pm
Arguments 3	Thurs., July 6	6:00pm	Test 5	Sat., July 29	9:00am
Test 2	Sat., July 8	9:00am	Pacing Strategy	Aug. 1 & 3	6:00pm

LSAT Summer prep course # 330: Aug. 18 - Oct. 5  
# 350: Aug. 19 - Oct. 6 #360: Oct. 14 - Nov. 30

## GRE Summer '00

Full GRE Class size 8 Course  
Schedules are available. Call for more information on how we Average a 212 Point Improvement.

**Schedules**  
Aug. GRE: class begins 6/20  
Aug. GRE: class begins 6/21  
Sept. GRE: class begins 7/23  
Nov. GRE: class begins 9/21

Space is Limited. Enroll now!

.....800-2REVIEW



**ARE YOU READY FOR THE MCAT?**

# MCAT

3 Courses available to meet your summer schedule needs. Classes are filling now! Call for sign-up info and enroll By May 17th to qualify for \$50 discount!



**FOR ALL YOU HIP, YOUNG & WILD STUDENTS!!!**

*SOHO's got some great bands coming up JUST FOR YOU!*

**5-17-00 WARSAW** (aka The Poland Brothers) Afro-celtic ska - you've got to hear it to believe it.

**5-18-00 GOVERNMENT GROWN** a psychedelic rock, reggae, band from San Diego.

**5-19-00 PAPA NATA** "happy feet dance music" - blend of reggae, ska, funk R & B and Jazz

We'll be serving delicious French dips & fries for \$8

Chicken Pesto Pizza for \$12

Kamikaze shots for \$3

Sierra Nevada drafts for \$2.50

*Come on in and eat, drink & groove!*

SOHO Restaurant & Music Club  
1221 State St. Upstairs in Victoria Ct.  
962-7776



Screw Porridge... Call Woodstock's For Pizza that's just right!



## Lunch Special

2 SLICES SALAD AND ALL-U-CAN-DRINK SODA 11 am to 3 pm ONLY \$4.63 + tax

**only \$7.99** Dine in or pick up only. Large one topping Pizza. 928 Embarcadero Del Norte 968-6969. Gourmet Toppings Extra: not good with other offers. exp. 6/15/00. Darn Valuable Coupon.

**only \$17.99** 2 EXTRA LARGE 1 topping Pizzas. 928 Embarcadero Del Norte 968-6969. Gourmet Toppings Extra: not good with other offers. exp. 6/15/00. Darn Valuable Coupon.

Sports

Action

Do something active. These places will help you fill your need for adventure.

Check out these places to get great sport clothing and equipment.

Soccer Action USA \* 270 Storke Road \* 685-0055  
I.U. Surf Company \* 901 Embarcadero del Norte \* 968-1145  
ASP \* 537 State \* 962-2526  
Play It Again Sports \* 4850 Hollister Ave. \* 967-9889

**Bicycling**

Cycles-4-Rent Inc. \* 101 State St. \* 966-3804  
Beach Rentals \* 22 State St. \* 966-6733

**Scuba Diving**

Aquatics \* 5708 Hollister Ave. \* 967-4456  
Anacapa Dive Center \* 22 Anacapa St. \* 963-8917

**Horseback Riding**

Circle Bar B Stables \* 1800 Refugio Rd. \* 968-3901

**Paragliding**

Fly Above All \* Santa Barbara \* 965-3733

**Rollerskating/Hockey**

Inline Sports Center \* 30 S. La Patterson Ln. \* 681-0413

**Batting Cages**

Batty's Batting Cages \* 226 S. Milpas St. \* 962-6666



Presents

**KILL THE KEG!**

\$1.00 Premium Drafts  
Every Thursday

\$6.99 Large Cheese Pizza

5PM until Kegs Blow!



Featuring Live Music  
by



The Natty Dawgs

&

The Kinsella Band

202 State Street \* (805) 962-5350

**Sundance Beach**

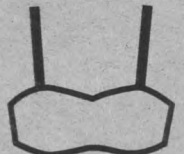
809 State St. Paseo Nuevo 966.2474  
www.sundancebeach.com



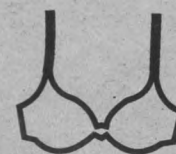
Triangle Top



Sport Bra



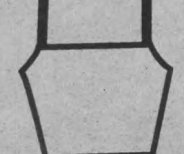
Bandeau



Broken U-wire



Halter Underwire



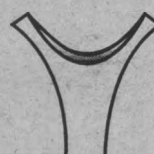
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Thong



Brazilian



European



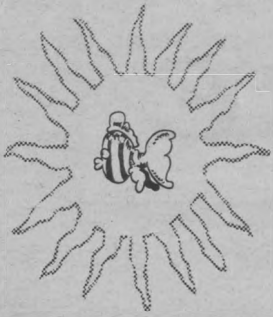
High Waist  
full bottom



Regular



High Cut  
sport bottom

Intramural Sports **Action**

On Sunday mornings, I slip on my bright blue bikini and lather on some SPF 15 sunscreen. You may be thinking that I am headed out to get a tan at Goleta Beach, or am going outside to sit on my lawn to bronze myself. Well, think again, because in all actuality I am proceeding to the RecCen to play the exciting and dangerous but little-known intramural sport of... Innertube Water Polo. My co-ed team, the Super Sexy Sunfishes (no laughing, we are awesome!), came together about a year ago and fell in love with the sport (or to some, the wannabe sport). If you don't get too distracted by the eye candy (even a few of my male team members throw me a little!) you can have a great time. Now, Innertube Water Polo is not all fun and games. You have to *sit* in your innertube at all times, and with it only being about a foot and a half in diameter, staying in is not always the easiest, especially when rules say that your opponent can tip you over if you have the ball. I have seen a girl get a bloody nose from being accidentally kicked in the face, unaware players get bonked in the head, and recently I received two foot-long scratches down my armpit and across my breast from a guy whose toenails were a tad too long. But it is worth it when the twenty-eight minutes (four seven minute quarters) are up and your team has won. If you are ever at the RecCen on Sundays from 12-2 p.m. walk out to the pool and check out the game. And in the Fall, consider coming up with a team of your own. But if you play against a team called the Super Sexy Sunfishes, don't expect to win.

By Corrine Kirkbride

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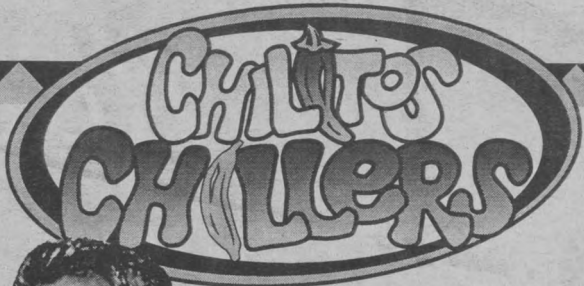
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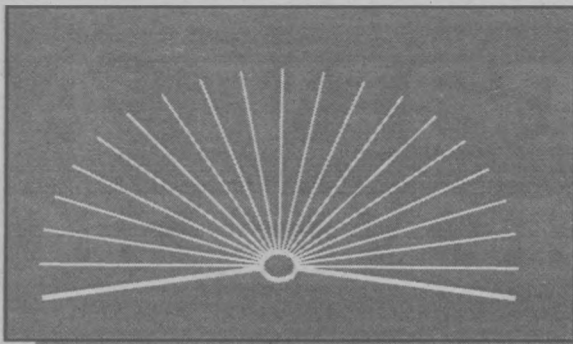
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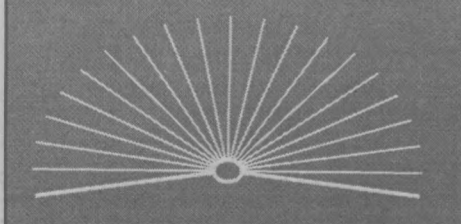
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